

In Case
**You Just
Missed It**

It's Back!

Our most exciting banking offer ends
September 18. Details inside.



HURRY!
OFFER ENDS
SEPT. 18



**Join RBC.
Enjoy better
banking.**



Apple iPad mini 2

Get a Complimentary iPad mini 2*

**Join RBC and we'll give you an iPad mini 2,
so you can enjoy a better banking experience.**

Open a new all-inclusive banking account and get great features like no minimum balance requirements, free[†] Interac⁺ e-Transfers, and non-RBC ATM fee refunds in Canada[^]. Plus, you can bank conveniently with the RBC[®] Canada app available in the App Store.

It's back until September 18, 2015.

Visit rbc.com/getipad or call 1-866-864-9755



Conditions apply. To get an iPad mini 2, you must be a new eligible personal client, open either an RBC Signature No Limit Banking account or RBC VIP Banking account during the promotional period, and complete criteria by October 19, 2015. Offer available from August 6, 2015 to September 18, 2015 but may be changed or withdrawn at any time without notice. Clients who received the iPad mini in 2014 or iPad mini 2 in the 2015 campaign that ran between April 30th and June 15th are excluded. [†]RBC Signature No Limit Banking account includes 15 Interac⁺ e-Transfers per monthly cycle. RBC VIP Banking account includes unlimited Interac⁺ e-Transfers. Other conditions and restrictions apply. [^]RBC will refund the Interac⁺ network access fee up to a maximum of three (3) refunds per monthly cycle, if used, for RBC Signature No Limit Banking (SNL) accounts and unlimited times for RBC VIP Banking accounts. ATM operator surcharge (also called a convenience fee) may be charged by other ATM operators and added directly to the amount of your cash withdrawal. The convenience fee is not a Royal Bank fee and is added directly to the amount of your cash withdrawal. All clients who use non-RBC ATMs may be charged a convenience fee regardless of the type of account they hold. © / [™] Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ^{}All other trademarks are the property of their respective owner(s).

SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 27 SHOPPERS' DRUG MART

MH370

EXPERTS CONFIRM DEBRIS FOUND IS OF MISSING MALAYSIA AIRLINES FLIGHT

metroNEWS



ONLY 35 MINUTES WEST OF CALGARY!

LOT & COTTAGE
From \$300's
*Phase 2 - prices subject to change

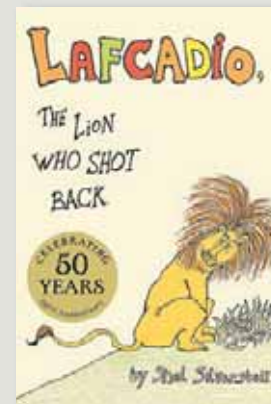
cottageclub.ca

NEW SHOWHOME OPEN!

Calgary metro

CELEBRATE CECIL WITH LION-THEMED KIDS' BOOKS

metroLIFE



Your essential daily news | THURSDAY, AUGUST 6, 2015

High 19°C/Low 8°C Thunderstorms



Transit sorry for hail woes

Passengers booted off CTrain



Aaron Chatha
Metro | Calgary

Calgary Transit apologized and admitted it needs to improve its communication with customers after more than 100 CTrain passengers were left stranded and exposed at the 39 Avenue Station during Tuesday's hail storm.

A police incident one stop to the south at Chinook Station just before 5 p.m. forced authorities to temporarily shut down that platform. Southbound commuters were forced to exit at

the 39 Avenue Station and wait for an update on alternate transportation. The station offers little shelter and commuters like Andy Tylosky were exposed to the heavy rain and dime-sized hail with no idea when the next train or bus would come.

"There was no communication," said Tylosky. "The Calgary Transit Twitter account wasn't updated for almost half an hour with any news.... There were no announcements that I heard at the train platform. There was nothing."

Transit spokeswoman Sherri Zickefoose said the situation could have been handled better.

"We are working on getting our approach more consistent, and it will take some time."

MORE COVERAGE: PG 4 & 5



'It's going to break barriers'

Mount Royal University encouraging more aboriginal enrolment

metroNEWS

Dwight Farahat of the Siksika Nation says the new plan will better "indigenize" the campus. JENNIFER FRIESEN/FOR METRO

It's Time to Check Out Robertson College.

Call 587.794.4476 or visit robertsoncollege.com to get started!



ROBERTSON COLLEGE

20% OFF YOUR ENTIRE KIDS PURCHASE!

*Coupon valid August 6 - September 7, 2015.

One coupon per customer. Coupon is valid on all kids regular-priced merchandise. Coupon must be surrendered at time of purchase or shown on mobile device. Excludes H&M employees. Coupon not valid on previous purchases, for H&M gift cards or in conjunction with any other offer (including 3 FOR 2 Mix & Match offer on organic cotton basics and Kids "Top + Bottom" deal). Coupon valid in H&M stores in Canada only.

H&M



20% OFF YOUR ENTIRE KIDS PURCHASE GET READY FOR BACK TO SCHOOL!

From Thursday, August 6 until Monday, September 7, bring this ad to a store near you or download the coupon from www.hm.com to get 20% off your entire kids purchase.*

H&M



NEWS



Your essential daily news

Pope: Divorced Catholics are people, too. **World**



Sensei Robert Gubenco, left, and Sensei James Martin have been setting up the newly completed Calgary Buddhist Temple in preparation for Sunday service this weekend. JENNIFER FRIESEN/FOR METRO

A place to find inner peace ... in Calgary

BRIDGELAND

Open house for Buddhist temple set for Saturday



Jennifer Friesen
For Metro | Calgary

After a year of planning, demolition and construction, the new Calgary Buddhist Temple is finally complete.

The Bridgeland location dates back to the early 1920s when it stood as the Croatian Catholic Church. It became the Calgary

Buddhist Centre in 1981 and — until now — it maintained old relics including stained glass windows depicting the cross and a “precarious” chandelier hanging above the pews.

The rebuild cost the centre approximately \$2 million, raised from local communities and Buddhist temples across Canada.

“We had a big push in donations last year and nearly doubled what we had saved,” said Rod Burylo, president of the centre’s board.

“People really engaged with our vision. When you decide to shut the doors and start tearing things down, you’re at a point of no return. We had a lot ready, but we still needed a bit of a

“**People really engaged with our vision.**

Rod Burylo

push to get there.”

And now, that time has come. Carrying boxes of sacred objects and assembling furniture, Burylo joined Sensei James Martin and Sensei Robert Gubenco this week in setting up the temple so it will be ready in time for Sunday service.

“This building stood for around 100 years, and for a long time, it just sat empty,”

said Martin, who started coming to the Buddhist Centre 20 years ago. “So I think this is an opportunity to give a gift to Calgary and see the temple stand another 100 years.”

Burylo said the new temple is about engaging with the community.

He hopes to give English-speakers the change to immerse themselves in a new culture, and added that new space was designed to be a community hall, with extra rooms to hold meeting, classes, wedding and funerals.

An open house at the temple is also set for Saturday from 1 to 4 p.m. It is located at 207 6 Street NE.

CRIME

Employee accused of stealing from bank

A Calgary man is facing multiple charges, accused of forging bank drafts he stole from the bank he worked at.

The man was charged after his employer contacted police late in July and reported that “they had discovered a theft of

bank drafts, and that the drafts had been forged and used to obtain large sums of money at a local casino,” police said in a release Wednesday.

Simbarashe Godfrey Nzvimbo, 29, of Zimbabwe has been charged with “three counts of

uttering a forged document, one count of fraud over \$5,000 and one count of money laundering,” said the release.

The release said that when the bank contacted investigators “that they suspected a staff member was likely respon-

sible, and that approximately \$255,000 had been obtained by the suspect.”

Nzvimbo was arrested in south Calgary on July 30 and is scheduled to appear in court on Friday.

METRO

An Award-Winning Clean-up for Your Most Spectacular Messes.

When it comes to the worst messes, you need the best cleaning supplies. That’s why when we introduced our Great Value Paper Towels, we made sure their absorbency and strength was top notch. And the experts agreed – they recognized it with a **2014 Grand Prix New Product award**. So pick up a package today and see how our high standards rise up to meet yours.



WINNER



RETAIL COUNCIL OF CANADA
Canadian Grand Prix
NEW PRODUCT AWARDS™

2014



Exclusively at
Walmart

© Walmart Canada Corp.

Tempest stuns Calgary

WEATHER

Roofs fly off while flash floods and hail damage cars



Jeremy Simes
For Metro | Calgary

Many Calgarians were still feeling the aftereffects Wednesday after two storms wreaked havoc on the city late Tuesday afternoon and early evening.

From flying roofs to submerged vehicles, the storm looked like something out of a disaster movie, said Calgarian Paul Klavins.

Working in his downtown office building Tuesday evening, Klavins said he saw the roof of a nearby apartment block start to hover.

"For an instant, I thought the building was collapsing; it didn't," he said. "The roof then came crashing down a couple feet from my co-worker's car in the parking lot."

After inspection, it was clear



Dennis Ramsey says he looked out his window on Tuesday night to see the roof of a neighbouring apartment complex "peeling off" of the building. JENNIFER FRIESEN/FOR METRO

the debris managed to only slightly damage the car, he said, adding the co-worker has already been dealing with insurance.

Another roof managed to take flight Wednesday at an apartment in the city's north-

east.

Dennis Ramsey, who lives in the same apartment complex but a different building, said he decided to look out his window after he thought someone was throwing tons of gravel on his roof.

"All of a sudden I saw the roof just peeling off, just like you're opening a book," he said. "If anyone was outside here, they would have certainly been hurt."

Back at ground level, the Marlborough Ford dealership

I saw the roof just peeling off ...

Dennis Ramsey

saw flash flooding severely damage some of its cars and engulf commuters driving along 5th Avenue N.E.

About 50 to 60 cars will be written off, said the dealership's sales manager Darren Jacula. Another 50 cars saw other forms of damage, he added, noting no customer vehicles were harmed.

"I just don't think there was anywhere for that water to go," he said. "I've never seen rain that heavy and that hard for that period of time."

Insurance Bureau of Canada spokeswoman Celyeste Power said the organization won't have insurance claim numbers unless damages exceed \$25 million.

The last time Alberta saw a catastrophic hail-damage event was in Airdrie last year, when damages totalled around \$550 million.

WITH FILES FROM JENNIFER FRIESEN

AFTERMATH

Insurers say most calls were for hail and wind damage to cars, property

Intact Insurance spokeswoman Rosa Nelson said that, as of Wednesday afternoon, her company had received 250 calls for auto claims — most involving hail damage — and more than 100 property calls for hail or wind damage. Most calls came from around the Mission area and the northeast part of the city.

Meanwhile, AMA was busy with its storm response, too. From the time the storm began to 9 a.m. on Wednesday, AMA received 423 service calls — 90 more calls than it normally sees in that amount of time, said spokesman Chris Rechner.

He said the influx hasn't been as bad compared to dealing with previous storms but noted AMA has certainly felt pressure to assist customers.

Rechner said it's too early to say how many of the insurance claims AMA received were from people affected by the storm. JEREMY SIMES/FOR METRO

Sahaja Yoga

MEDITATION

"There will never be peace in the world until we have peace within ourselves"

Shri Mataji Nirmala Devi

Always Free and Open to All

WEATHER

Do not drive through flooded underpasses: Emergency boss



Lucie Edwardson
Metro | Calgary

Tuesday's hail storm prompted hundreds of 911 calls and thousands of 311 calls, the Calgary Emergency Management Agency (CEMA) said Wednesday during a debrief on the extreme weather event, just as another pair of thunderstorms approached the city.

CEMA deputy chief Sue Henry said that between 5 and 7 p.m. on Tuesday, 911 took a total of 630 calls.

She said 311, meanwhile, took three times its usual call volume, with 2,031 calls between 5 and 10 p.m.

"The majority of these calls were for catch-basin concerns, tree and manhole concerns," she said. "As of noon (Wednesday), Parks is working on 113 tree emergency service requests."

Henry thanked Calgarians and emergency responders for their quick thinking and help with storm cleanup but stressed one main point for improvement.

"Please, do not drive through underpasses that have filled up



Drivers take their chances with a flooded Calgary underpass on Tuesday. DARCY FAUTEUX/METRO

with water," she said.

Henry said the best option is to "stop, turn around and take a different route home."

Nico Bernard with the city's parks department said previous storms have caused far more damage to trees. "On a scale, this is not a big storm in terms of tree damage," he said.

Henry said the worst reported damage was at a Calgary housing complex in Mayland Heights that received "extensive structural damage to the roof," displacing five families

but with no reported injuries.

Enmax spokeswoman Doris Kaufmann Woodcock said that at the height of the storm there were 35,000 Calgary customers without power, but outages didn't last long.

"By 10 p.m. Tuesday, almost all of those customers had their power restored," she said.

As of 1:30 p.m., Henry said, all roads were cleared and open throughout the city, but that was before the next pair of thunderstorms rolled in around 3:30 p.m.

CALGARY

Join us at any of these free introductory workshops.

MONDAY, AUG 10 7pm, Sahaja Yoga Centre 416 Meridian Rd SE

WEDNESDAY, AUG 12 12pm, 4pm and 7pm, Riley Park 800 12 St. NW

More programs in August and in other cities on www.realizecanada.ca

KNOW THYSELF

Realize Canada Tour www.realizecanada.ca

A perfect storm of incidents, errors

COMMUTE

Calgary Transit commuters blasted by hail



Aaron Chatha
Metro | Calgary

A rush-hour transit delay, more than 100 stranded passengers and an impending storm resulted in a nightmare scenario for commuters caught in the hail Tuesday.

An incident at Chinook station just before 5 p.m. on Tuesday forced Calgary Police and transit authorities to shut down the station temporarily.

Andy Tylosky was on the train home from work when it stopped and returned to the 39 Avenue Station. Hundreds of commuters were asked to exit onto the platform and wait for a new train.



It felt a little bit like, I imagine, the last moments of the Titanic.

Andy Tylosky, commuter

Dark clouds began to approach and Tylosky and his fellow commuters knew the storm would be upon them soon. Two more trains arrived, both nearly full, and the commuters on the platform had to prioritize who would get on.

"There was a lady with stroller and a few older people that everybody let get on the train," said Tylosky. "It felt a little bit like, I imagine, the last moments of the Titanic. We knew something bad was going to happen. So we let those who needed to get on, get on."

WEATHER

More rain is expected on Thursday

Calgary activated its Municipal Emergency Plan and opened the Emergency Operations Centre just after 3 p.m. Wednesday, after Environment Canada issued another severe thunderstorm warning for the city.

In a release, the city said "this decision was undertaken due to the anticipated heavy rains



Commuters were left stranded on the 39 Avenue Station as the storm moved in and pelted them with dime-sized hail. ANDY TYLOSKY/CONTRIBUTED

He figured about 150 people were left on the exposed and relatively isolated platform when the storm hit. They did what they could to defend themselves against the dime-sized hail pelted down from the sky.

Tylosky ventured around the chain-link fence looking for cover.

He saw a bus pull up and ran

toward it, banging on the door to be allowed in. The bus was heading to Chinook Station, he said, but the driver was unsure how to change the sign from reading "out of service."

Noticing other commuters hadn't made their way to the bus, Tylosky offered to go back to the station and tell people about the bus to Chinook station. The

driver said no and assured Tylosky that someone would make an announcement.

In the end, he said the bus departed with only three people on board. Calgary Transit said communication with customers could have been improved in this situation and customer feedback is crucial in helping them for next time.

First Place Has Never Been so Satisfying. Or Delicious.

If you're craving the decadence of freshly baked goods without all the hassle, look no further. Our Finest Mini Croissants – winner of the **2014 Grand Prix New Product award** – are made with traditional flaky pastry and real butter. Plus, they're ready to devour in less than 30 minutes. So why not embrace the *joie de vivre* and pick up a box of plain, multigrain or chocolate mini croissants today.



WINNER



RETAIL COUNCIL OF CANADA
Canadian Grand Prix
NEW PRODUCT AWARDS™

2014



Exclusively at
Walmart

© Walmart Canada Corp.

METRO

MRU begins 'indigenization' plan

EDUCATION

Mount Royal program gives hope to young aboriginals



Helen Pike
Metro | Calgary

To some young indigenous students, the thought of going to university still seems unattainable — something Dwight Farahat hopes Mount Royal University's newly drafted plan to "indigenize" will help change.

"I feel like it's going to encourage young aboriginal people to see university as a possibility as a place where they feel welcome," Farahat said. "It's going to break down barriers."

A mature student from the Siksika Nation with Welsh and Palestinian heritage, Farahat is half-way through his undergraduate degree in social work at MRU, but far from the end of his educational and career goals: he is contemplating a masters degree.

"When I was 15, it was a com-



Social work student Dwight Farahat and John Fischer, director of the Iniskim Centre, at Mount Royal University. JENNIFER FRIESEN/FOR METRO

plete impossibility," he said.

Indigenous-identified individuals have been on the rise in post-secondary institutions for years.

At MRU, the number of students identifying as aboriginal has risen from 519 in 2009-2010 to 567 in 2014-2015, while their proportion of the total student

body has grown even faster.

In the 2014-15 year, self-identifying aboriginal students made up 4.4 per cent of the total MRU student body, up from 3.4 per cent five years earlier.

With a goal to bring the population of self-declared aboriginal students up to 7 per cent by 2024-2025, the school is roll-

ing out an aboriginal strategic plan, hoping to continue and cement work they've been doing for decades.

"We want to cultivate a respectful and welcoming environment that will prevail over the legacy of colonization," said John Fischer, director of the Iniskim Centre at MRU. "We have been

doing this work, it's not a beginning, it's in a continuation."

The plan outlines five main goals: creating culturally respectful research, bridge-building with indigenous education stakeholders, looking at the supports MRU has and what they want to bring in, and respectful curriculum and pedagogy.

"I think it's really important we indigenize the university to make people feel comfortable, to make others more aware because it benefits us all," Farahat said.

He was involved in one of the many student and faculty-run councils to draft the plan.

Farahat hopes the school will be able to invest in a full-time recruiter whose sole focus is prospective indigenous students.

"They could really tell their personal story to the youth on the ground ... at powwows, at events where all the youth are, going into schools, in different programs and just really being out there and engaged and giving those personal invites," he said, adding that for some aboriginal youth, a post-secondary education straight out of high school is still considered a "far out" thought.

+ ENROLMENT

Aboriginal students in post-secondary schools up 70 per cent since 2004

Provincially, the number of aboriginal students in post-secondary education has shot up by about 70 per cent since the province began tracking numbers in the 2004-05 school year.

John Fischer, director of the Iniskim Centre at Mount Royal University, said aboriginals have long been the fastest-growing population in Alberta and in Canada.

"With the limitations on post-secondary funding, students coming straight out of high school are getting priority," Fischer said. "That will also contribute to an additional increase in the number of aboriginal students."

He added many schools are in the process of "indigenization" to find better ways to accommodate this growing population of students.

Summer SHOE SALE

Fantastic Selection of Men's and Women's Dress and Casual Footwear



Hurry Down
For Best
Selection!

O'CONNORS
FINE FOOTWEAR

244 7th Avenue SW
Mon-Fri 9:00am-5:30pm
Sat 10:00am-5:30pm



It's Time to Check Out Robertson College.

At Robertson College, your success is our success. Increase your employability with our career-focused programs, work practicums, and lifetime career services and job search assistance.

**ROBERTSON
COLLEGE**

Call 587.794.4476 or visit
robertsoncollege.com to get started!

Marathoner running in her mother's footsteps



Lindsay Neufeld running the North Face 50-Mile Endurance Challenge in December 2014.

COURTESY LINDSAY NEUFELD/ULTRA RACE PHOTOS

SPORT

Lindsay Neufeld calls ultra running a 'mind game'



Lucie Edwardson
Metro | Calgary

Twenty-four year old ultra runner Lindsay Neufeld says, for her, the activity is "moving meditation."

"It's very similar to what a yoga practice is for a lot of people," she said.

Neufeld said she's been inspired to run and push herself to new limits by her mother.

"My mom's run 25 marathons to date now," she said. "She's been running my whole life so it was kind of a natural progression for me."

Over the years Neufeld has run more than 10 half marathons, two full marathons, two 50-kilometre races, two 50-miles race, attempted a 100-mile race (completing 100 kilometres of it) and last year she ran Hut Run Hut from Aspen to Vail, Colo.

Neufeld said like any sport, ultra running has its highs and lows.

A few weeks ago Neufeld decided to drop out at the 100-kilometre point of a 160-kilometre race.

"It comes to a point where it's just a mind game with yourself," she said. "Your fitness level gets you to a certain point and the rest is all in your head."

"For me I ended up finishing 100 kilometres in just under 20 hours and I probably would have been out there for about 30 hours," said Neufeld.

"I asked myself, 'Am I going to make it another 10 whole hours?' and 'Am I going to be able to keep moving?'"

Neufeld said some might see it as giving up, ultra runners see it differently.

"People in ultras don't really see it as quitting," she said. "We see it as pushing your limits."



Your fitness level gets you to a certain point and the rest is all in your head.

Lindsay Neufeld

She said it's often difficult to explain to others why she participates in the sport or why she decided not to finish a race, but even harder to explain to herself.

"It's a hard pill to swallow;

it's almost like its a grieving process when you don't finish something and you're left wondering why you stopped," she said.

Neufeld said it's her support system, including her two best friends, Lauren and Amy, and her fiancé Dave that keep her pushing for more.

But there is one person who has been there for every leg of the race.

"My mom has always been out there with me," she said. "She's been there for the most difficult moments and I couldn't do any of it without her."

INVESTIGATION

Officer cleared in shooting at fleeing van

An investigation has cleared a Calgary police officer who fired three rounds from his pistol at a stolen van after a wild car chase in 2013 but found that the shooting likely led to a minor injury, contrary to the initial police account.

The incident began in the early-morning hours of July 28, 2013, when police located a man on Freeport Boulevard trying to force the ignition of a minivan with a screwdriver.

The man refused to exit the vehicle and when police tried to remove him, he drove the van forward, dragging an officer with him for about 1.5 metres, according to the investigation by the Alberta Serious Incident

Response Team (ASIRT).

The driver then fled in the van, driving the wrong way down northbound lanes of Deerfoot Trail, with damaged rims and no headlights. Two police cars were damaged and disabled attempting to stop the van, which police believed to be a threat to public safety.

A third police car was then able to ram the van and spin it out of control on the 64 Avenue NE bridge.

"The police vehicle came to rest facing westbound, immediately adjacent to the stolen van, with the passenger side of the police vehicle touching the passenger side of the stolen vehicle along the entire length of the

vehicles," ASIRT said in a release.

"The officer sitting in the passenger seat, unable to exit the vehicle from his side, removed his service pistol and fired three shots in the direction of the front driver seat through the passenger windows of both the police vehicle and the suspect vehicle," the release continued. "When the man attempted to exit the stolen van, he was subsequently arrested and detained."

In the initial aftermath, police said no one was injured as a result of the shooting, although a female passenger needed to be extracted from the crashed minivan and was taken to hospital. But the ASIRT said a small

cut on the lower left side of the van driver's back was later noticed while he was being processed into a holding cell, and the wound was believed to be the result of a graze from a police bullet.

ASIRT executive director Susan D. Hughson, Q.C. reviewed the completed investigation and forwarded it to the Alberta Crown Prosecution Service (ACPS) for an opinion.

"After consultation with the ACPS and after very careful review of the evidence, Ms. Hughson confirmed that the officer involved will not be charged with any criminal offences arising out of this incident," ASIRT said. METRO

We've Created an Award-Winning Formula.

You care about what you feed your baby.

And so do we. That's why we created Parent's Choice Infant Formula for babies

sensitive to lactose to support balanced nutrition. And going that extra mile

didn't go unnoticed – it garnered us a

2014 Grand Prix New Product award.

So if you want the best for your baby, pick up some of our best today.



WINNER



RETAIL COUNCIL OF CANADA
Canadian Grand Prix
NEW PRODUCT AWARDS™

2014



Exclusively at
Walmart

© Walmart Canada Corp.

Young athlete overcomes club foot to pursue skating dreams

SPORTS

Airdrie girl has twice beaten the odds to hit ground rolling



Helen Pike
Metro | Calgary

From casts to braces, through surgery and recovery, young Darby, who was born with a congenital foot defect, never gave up on her dream to skate.

Even when her physiotherapist told her and her mom Monique Beeson that she may never lace up again, the athletic youngster was undeterred.

"After we left the office, Darby was really upset and we never went back," said Beeson.

When she was 18 weeks pregnant, Beeson learned that Darby had unilateral club foot, a condition that twists

66

It's so fun. I love skating.... It makes me feel happy and free.

Darby

the foot down and in toward the opposite leg.

She dove into research and found a doctor equipped to help. Dr. Shafique Pirani had a promising method that would see her daughter's foot casted into shape, with a 99 per cent chance her child wouldn't require surgery.

After spending her infancy until the age of four in some form of cast or brace, Darby finally was able to take up hockey for a season.

"Speed skating, swimming, roller derby, sometimes I do gymnastics," Darby said. "It's so fun. I love skating.... It makes me feel happy and free."

When she was five years old, a troubling relapse made



Monique Beeson said her daughter Darby, 9, never gave up on her skating dreams, despite being told by a physiotherapist her congenital foot defect would preclude her from participating in her favourite sport. JENNIFER FRIESEN/FOR METRO

the once strong skater almost unable to stand up while she was laced in.

"It was hard, when her relapse happened. She went from being a really strong skater and she was doing really, really well, and then the last two practices before we found out she had to have surgery, she couldn't even stand on her skates," Beeson said.

"I never thought she would skate again.... Every time she skates now I just try not to cry. She's pretty amazing."

She had to undergo surgery, which made her lose a lot of strength, but she jumped back into the ring and now, at age nine, is an accomplished young athlete and trains with Tyler Congdon at the Calgary Roller-Inline Speed Club.

Inline Speed Club.

Beeson is reminded every year of others going through the same thing, so she tries to raise awareness to let people know they're not alone.

"When your kid is diagnosed with club foot, it's a strange thing because you hear the word 'deformity,'" said Beeson.

"You feel kind of alone, so

the only place to talk about it was in a doctor's office."

She said that since posting on Facebook about the subject, she has been in contact with other families going through the same thing — which, Beeson said, is important, because when it comes to these conditions, research is key to finding the best treatment.



INTRODUCING
CLOVER LIVING
INDEPENDENT LIVING & 55+ SUPPORTIVE LIVING

Great prices starting at
\$1095/mo
INDEPENDENT LIVING

\$1825/mo
SUPPORTIVE LIVING



CLOVER
LIVING

(403) 290-1088 | cloverliving.ca

Federal leaders ready to ramble

ELECTION 2015

First debate of federal party bosses takes place tonight

On the eve of the first federal leaders' debate, Canada's campaign trail grew quiet Wednesday as the rivals prepared for their live four-way faceoff.

Two of them, however, sent campaign proxies.

Laureen Harper stepped up to fill her husband's shoes, speaking briefly to party supporters at the campaign office for Conservative Costas Menegakis in the suburban riding of Richmond Hill.

And the NDP offered a new attack ad to fill the campaign void — a collection of doom-and-gloom business-page headlines superimposed over photos of Stephen Harper, denouncing the Tory economic record.

Indeed, the economy is expected to be front and centre during Thursday's debate, the



Stephen Harper

SEAN KILPATRICK/THE CANADIAN PRESS



Thomas Mulcair

ADRIAN WYLD/THE CANADIAN PRESS



Justin Trudeau

FRED CHARTRAND/THE CANADIAN PRESS



Elizabeth May

CHAD HIPOLITO/THE CANADIAN PRESS

+ WHEN, WHERE

Harper, Mulcair, Trudeau and May will all be in Toronto today to take part in the first federal election debate beginning at 8 p.m. The debate will be broadcast live on Toronto-based Citytv, CPAC and Omni 1 and Omni 2 channels, as well as on each broadcaster's website, Facebook, YouTube and on Rogers Radio news stations. THE CANADIAN PRESS

first opportunity for four of the five leaders to go head-to-head on a variety of key issues.

All four participants — Harper, NDP Leader Tom Mulcair, Liberal Leader Justin Trudeau and Green party Leader Elizabeth May — were keeping a low profile Wednesday as they took part in the time-honoured campaign ritual of "debate prep."

Mulcair has been running through debate preparation sessions with his inner circle

at a Montreal hotel all week, surfacing only Tuesday to take part in a campaign event in the riding of Mount Royal.

As a former prosecutor whose question-period inquisition of Harper at the height of the Senate scandal was a highlight of his tenure as leader, Mulcair's performance will be under the microscope, observers say.

"I think a lot of the Canadian electorate has seen Mulcair in question period on the attack, which is obviously a useful quality to have," said Toronto-based debate coach Shakir Rahim, who won the World Individual Debating and Public Speaking Championships two years in a row.

"I think the question is whether in the debate, he can

come across in the ... prime ministerial sense, given that now that's a real possibility for him."

As is always the case for the prime minister, Harper will surely be the target of most of the attacks — a fact not lost on the Conservative team, said spokesman Kory Teneycke.

But the Tories will have attacks of their own — particularly on matters of experience and leadership.

"We are focused on getting ready for the debate," Teneycke said Tuesday in Toronto.

"Attacking the prime minister is one thing; what would you do if you were prime minister is another, and so I think there will be some accountability there as well."

Teneycke said the prime

minister is "quite prepared to defend" the government's economic record, which has been under heavy fire throughout the first few days of the still-young campaign.

Trudeau will exceed expectations "if he comes on stage with his pants on," Teneycke said — a jab to which the Liberals did not respond Wednesday.

Campaign debates always feature a heavy dose of boxing metaphors, so it's hardly surprising that Trudeau, who famously defeated former Conservative senator Patrick Brazeau in a boxing match in 2012, will visit a boxing gym in Toronto ahead of the event, television cameras in tow.

Mulcair, meanwhile, will pay a visit to the office of NDP candidate Jennifer Hollett in the

Toronto riding of University-Rosedale.

"Mr. Mulcair hopes to convey his message of change to Canadians while facing strong opponents," said NDP principal secretary Karl Belanger, "including a very experienced prime minister and a seasoned drama teacher" — a jab at one of Trudeau's occupations politics.

Green party Leader Elizabeth May is spending Wednesday on her own in Toronto ahead of the debate. May's officials say she prefers to be left alone to study, rather than participate in mock debates like the other leaders.

THE CANADIAN PRESS

See Metro Views for more on debate

“Attacking the prime minister is one thing; what would you do if you were prime minister is another, and so I think there will be some accountability there.”

Conservative party spokesman Kory Teneycke

IN BRIEF

Activists say Quebec event abuses animals

Animal-rights groups are squealing about an annual contest in a small Quebec town that features participants trying to grab greased pigs.

The Ste-Perpetue event

sees domestic pigs and wild boars let loose in a muddy pen and then chased by contestants.

Canadians for Ethical Treatment of Farmed Animals and the Montreal branch of the SPCA are calling on citizens to pressure the town's mayor

and councillors to ban the festivities.

"(The event) causes extreme stress and an enormous risk of injury," said SPCA spokeswoman Anita Kapuscinska. "All for the amusement of humans."

THE CANADIAN PRESS

P.E.I.

Charged MADD leader resigns

The president of a Prince Edward Island chapter of Mothers Against Drunk Driving Canada has resigned after being charged with impaired driving, the organization's CEO said Wednesday.

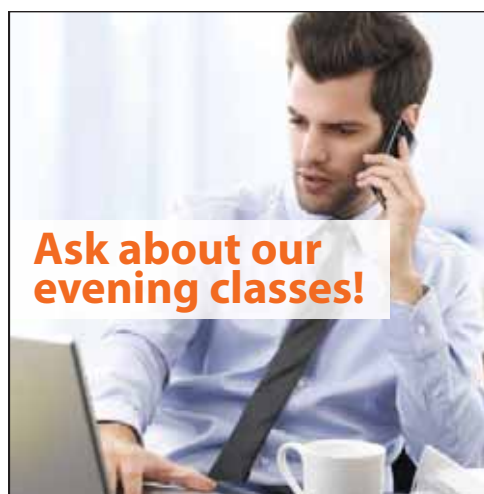
Andrew Murie said David

Griffin, who was a police officer for 45 years, was charged with impaired driving in June and immediately resigned as volunteer president of MADD's East Prince County chapter.

Murie said formal charges

were laid this week.

He said he was shocked and disappointed, but also has some compassion for Griffin, who he says did great work for the organization during his three years as president. THE CANADIAN PRESS



Ask about our evening classes!

OFFICE ADMINISTRATORS IN ALBERTA EARN A MEDIAN WAGE OF \$23.75/HR*!

Gain the experience and versatility that can take you into any field with the **Business Administration Management** program. Apply today and you can earn your diploma in less than a year!

Financial assistance may be available to qualified applicants.

*Source: jobbank.gc.ca

CDI College also offers programs in:

- Accounting & Payroll Administration
- Addictions & Community Services Worker
- Dental Assisting
- Hospitality Business Management
- Medical Office Administration
- Oil & Gas Administration
- Paralegal
- And More!

1 800 360 7186 study.cdicollege.ca
Three campuses in Calgary to better serve you!

CDI college

TORONTO TRIBUTES
POUR IN FOR CBC'S CHRIS HYNDMAN Visitors pay their respects to Chris Hyndman of the CBC show *Steve and Chris* at a public memorial at the CBC Broadcast Centre in Toronto on Wednesday. His body was found just after 11 p.m. Monday in an alley in Toronto, just below the apartment he shared with Steven Sabados, his co-host and spouse.

AARON VINCENT ELKAIM/
 THE CANADIAN PRESS



Hope rests on teacher's appeal

CHILD ABUSE CASE

Singapore court rules in his favour, Indonesia next

The family of a Canadian teacher imprisoned in Indonesia on much criticized child-abuse convictions is hoping a related ruling from a court in the neighbouring country of Singapore will help his case.

Neil Bantleman is currently serving a 10-year sentence after an Indonesian court found him and a co-worker guilty of abusing children at the elite international school that employed them.

Bantleman's brother said a mother of one of the alleged victims levelled many of her accusations at the start of the case in the form of emails, text messages and other digital communication sent from Singapore.

As a result, Guy Bantleman says his brother, his co-worker and their employer filed a defamation lawsuit against the woman in Singapore.

He says the court found that accusations of sexual abuse levelled by the mother regarding her son could not be proven, found that the mother had defamed the men and the school and ordered the mother to pay a total of nearly 230,000 Singapore dollars (\$219,000) in

damages.

"The court said there was no evidence to support the allegations of the mother and in reality there were more communications that actually said the mother and child indicated no sort of physical abuse," Bantleman's brother said.

"We hope the courts in Indonesia have taken note of what the courts in Singapore have ruled."

Neil Bantleman's family has called the case against the 46-year-old Burlington, Ont., man a surreal one.

He and a teaching assistant were both working at the Jakarta Intercultural School when they were arrested last July following reports from parents of a six-year-old boy who claimed to have been sodomized. Police had already arrested five janitors who worked at the school on charges of child sexual assault in relation to the case.

Bantleman and the teaching assistant, Ferdinand Tjong, were then charged with sexually abusing three children at the school, underwent a trial that saw conflicting evidence, and were eventually convicted in April. Both men maintained their innocence throughout and frequently voiced criticisms about the fairness and transparency of the trial.

Bantleman filed an appeal, which is expected to be ruled on at the end of this month.

THE CANADIAN PRESS

CO-OP
Best Fresh

MINI CUCUMBERS

The Cucumber Man, 681 g

LOCAL
3⁹⁹
 each



Proudly supporting the local farmers that grow the food we eat.



WEST CREEK COHO SALMON FILLETS
 Land based containment farming

Fresh
2⁹⁹
 /100 g



CO-OP PERFECT CHICKEN

Whole Fryers
 All Canadian chicken is raised without the use of added hormones and are raised free run.

LOCAL
3⁴⁹
 /lb
 7.69/kg



CO-OP PERFECT BISON
 Ground fresh in store daily

LOCAL
7⁹⁹
 /lb
 17.61/kg



BLACKBERRIES
 Arjuna Farms, BC, 170 g Package

Sweet
2⁹⁹
 each



MANGOES
 Imported

Fresh
99¢
 each



PLUM BITES
 Imported, 454 g

organic
3⁹⁹
 each

IN BRIEF

Saskatchewan premier says equalization program too rich for hydro provinces

Saskatchewan Premier Brad Wall is calling for cuts to the federal government's equalization program, which provides \$17 billion a year to poorer provinces. Wall says now that a federal election is underway, it's time to discuss options such as cutting the amount in half and using the rest for infrastructure funding or national tax cuts. Wall also says the equalization formula is too rich for hydro-producing provinces such as Quebec and Manitoba, because of the way it calculates the value of hydro revenues. The equalization program

is aimed at helping poorer provinces offer services and tax levels similar to richer jurisdictions.

THE CANADIAN PRESS

Crash claims couple on their way to wedding

Authorities are investigating the deaths of two Quebec motorists who were killed in a car crash in Maine. Police say Martin Poulin and Francine Dumas, of Saint-Georges, Que., were found in their car in West Forks Plantation. They say the couple, both 58, were on their way to New Hampshire for a wedding when their car went off the road and struck a tree.

THE ASSOCIATED PRESS

Pricing in effect Thursday, August 6 - 9, 2015. Actual items may vary slightly from illustrations. Some illustrations are serving suggestions only. We reserve the right to limit quantities. GST is extra where applicable.

AUG THU 6 FRI 7 SAT 8 SUN 9



SOUTH POINTE
TOYOTA SCION



ONE DAY SALE!

SOUTHPOINTETOYOTA.COM

AUG 7TH

UP TO **\$3,000**
OF FREE GAS*

FREE WINTER
TIRES + STORAGE*

CASH BACK
UP TO **\$6,000***

0% ON MOST
TOYOTA'S*

FRIDAY AUG 7 ONE DAY ONLY 9AM - 8PM



2015 COROLLA

AUTO, 4-DR, A/C, LOADED

NOW **\$18,988*** OR **0%***
WAS: \$21,824* Stk:P500594



LAST ONE!

2014 CAMRY XLE HYBRID

TOP OF THE LINE

NOW **\$28,888***
WAS: \$31,726* Stk:P4001188A



2015 TACOMA DBL 4X4

LOADED, V6, DOUBLE CAB

NOW **\$29,998***
WAS: \$34,512* Stk:P501262



2015 RAV4 LE

AWD, LOADED

NOW **\$25,998*** OR **0%***
WAS: \$28,740* Stk:P500512



2015 TUNDRA 4X4

5.7L V8, DOUBLE CAB, LOADED

NOW **\$34,888***
WAS: \$40,197* Stk:P5M1064



2015 CAMRY LE

NOW **\$25,888*** OR **0%***
WAS: \$28,225* Stk:P501287

OPEN! FRIDAY 9AM - 8PM

DON'T MISS THIS EVENT!

SOUTH POINTE
TOYOTA SCION

All prices include all taxes and fees and are plus gst only. Only one offer per customer and have no cash value and cannot be combined with any of the advertised vehicles and vary by model. 0% has specific terms and conditions and cannot be combined with advertised vehicles (prices). Advertised prices reflect any TCI rebates and cannot be deducted again and no special TFS rates apply.

403.567.8888
11500 - 35 St. SE
BARLOW TR. & DEERFOOT TR. SE



UNITED CHURCH

Atheist minister fights to save job

An ordained United Church of Canada minister who believes in neither God nor Bible said Wednesday she is prepared to fight an unprecedented attempt to boot her from the pulpit for her beliefs.

In an interview at her Toronto church, Rev. Gretta Vosper said congregants support her view that how you live is more important than what you believe in.

Vosper, 57, who was ordained in 1993 and joined West Hill United Church in 1997, said the idea of an interventionist, supernatural being on which so much church doctrine is based belongs to an outdated world view.

What's important, she says, is that her views harken to Christianity's beginnings, before the focus shifted from how one lived to doctrinal belief in God, Jesus



Rev. Gretta Vosper
THE CANADIAN PRESS

“I don’t believe in... the god called God ... Using the word gets in the way of sharing what I want to share.”

Rev. Gretta Vosper

and the Bible.

“Is the Bible really the word of God? Was Jesus a person?” she said.

“It’s mythology. We build a faith tradition upon it which shifted to find belief more important than how we lived.”

Vosper made her views clear as far back as a Sunday sermon in 2001 but her congregation stood behind her until a decision to do away with the Lord’s Prayer in 2008 prompted about 100 of the 150 members to leave. The rest backed her.

Things came to a head this year after she wrote an open letter to the church’s spiritual leader pointing out that belief in God can motivate bad things — a reference to the Charlie Hebdo massacre in Paris.

“That didn’t go over well,” Vosper said. “(But) if we are going to continue to use language that suggests we get our moral authority from a supernatural source, any group that says that can trump any humanistic endeavour.”

THE CANADIAN PRESS

Halifax woman who led class action dies

DIANE PARSONS

Fought for victims who got hep C from transfusions

A Halifax woman who led a \$1.18 billion class-action settlement for those infected with hepatitis C has died.

Lawyer Dawna Ring says Diane Forsyth died Saturday at the age of 64.

Forsyth became known nationally under her maiden name, Diane Parsons, for leading the legal fight for those infected with hepatitis C from blood transfusions.

Her family doctor, Patricia Beresford, said Forsyth, who had a bleeding disorder, became ill after getting a blood transfusion prior to dental surgery in 1989.

At the time, Canada had not instituted surrogate testing for hepatitis C.

“Early on in her illness, and until the day she died, Diane fought for adequate compensation for the medical and living costs of victims of hepatitis C exposure from blood,” said Beresford.

Thousands of people in Canada were infected with HIV and hepatitis C after receiving tainted blood transfusions in the 1980s.

The federal government launched a public inquiry in 1993 to look into the scandal. Justice Horace Krever spent four years in his investigation and made

“

She put her faith in the judicial system and she was not disappointed ... Thousands of Canadians have benefited because she led the way.

Harvey T. Strosberg

50 recommendations when he issued his report four years later.

The settlement in the lawsuit led by Forsyth also wasn’t without controversy when it was announced in 1998.

Under the court-approved agreement, Ottawa and the provinces set up a fund to compensate people infected with hepatitis C through tainted blood from 1986 to 1990. But people infected before 1986 were excluded on the grounds that there was no test to screen for the virus before then, but it was later learned there were fairly effective tests available before 1986.

In 2006, a separate federal compensation deal for the so-called forgotten victims of hepatitis C was announced, covering people who were infected with the virus before 1986 or after 1990.

Harvey T. Strosberg, who was the lead lawyer in the national class action, said Forsyth was a “visionary and a leader.”

THE CANADIAN PRESS



Diane Parsons heads from a news conference in Halifax on June 15, 1999. ANDREW VAUGHAN/THE CANADIAN PRESS

It's Time to Check Out Robertson College.

**ROBERTSON
COLLEGE**

At Robertson College, our goal is to help each of our students find success. That is why we take the time to get to know each of our students and help them find a career path that they can be passionate about.

Call **587.794.4476** or visit **robertsoncollege.com** to get started!

CHEVROLET 

CANADA  WIDE
CLEARANCE

0% FOR 84 MONTHS*
PURCHASE FINANCING
ON SELECT MODELS

PLUS

**ELIGIBLE CUSTOMERS
RECEIVE UP TO \$1,500 IN OWNER
CASH^{††}**



ON ALL THESE MODELS



2015 S

COME IN TODAY FOR THE BEST SELECTION.

**2 YEARS/40,000 KM
COMPLIMENTARY
OIL CHANGES****

**5 YEARS/160,000 KM
POWERTRAIN
WARRANTY[^]**

**5 YEARS/160,000 KM
ROADSIDE
ASSISTANCE^{AA}**

AlbertaChevrolet.com

CHEVROLET



Plane debris confirmed

FLIGHT MH370

Malaysian prime minister affirms origin of wreckage

Experts have confirmed that the debris found on Reunion Island last week was that of Malaysia Airlines flight 370 that went missing last year, Malaysia's prime minister said Wednesday.

"It is with a very heavy heart that I must tell you that an international team of experts has conclusively confirmed that the aircraft debris ... is indeed MH370," Prime Minister Najib Razak told reporters.

The Boeing 777 jetliner disappeared on March 8 while on a flight from Kuala Lumpur to Beijing with 239 people on board.

It is believed to have crashed in the Indian Ocean, but the reason remains one of aviation's biggest mysteries.

The first ever physical evidence of the aircraft was found on the French territory of Reunion Island in the Indian ocean, thousands of kilometres from the site near Australia where the plane is believed to have gone down.

"We now have physical evidence that, as I announced on 24th March last year, flight MH370 tragically ended in the southern Indian Ocean," Najib said.

Intact and encrusted with barnacles, the metal piece was sent to France for scrutiny by



Malaysian Prime Minister Najib Razak at a special news conference announcing the findings for the ill-fated flight MH370 in Kuala Lumpur, Malaysia, early Thursday. VINCENT THIAN/THE ASSOCIATED PRESS



It is my hope that this confirmation ... will at least bring certainty to the families and loved ones.

Malaysian Prime Minister Najib Razak

deepest sympathies to those affected," it said.

The statement said this "is indeed a major breakthrough for us in resolving the disappearance of MH370. We expect and hope that there would be more objects to be found which would be able to help resolve this mystery."

At a news conference in Paris, authorities were much more cautious than the Malaysian prime minister. Deputy French

prosecutor Serge Mackowiak didn't outright confirm that the debris belonged to flight MH370 but said there were strong indications that it was the case.

"The very strong conjectures are to be confirmed by complimentary analysis that will begin tomorrow morning," he said. "The experts are conducting their work as fast as they can in order to give complete and reliable information as quickly as possible." THE ASSOCIATED PRESS

IRAN NUCLEAR DEAL

Critics 'selling a fantasy': Obama

U.S. President Barack Obama assailed critics of his Iran nuclear deal Wednesday as "selling a fantasy" to the American people, warning Congress that blocking the accord would damage the nation's credibility and increase the likelihood of more war in the Middle East.

Besides challenging opponents at home, Obama cast Israeli Prime Minister Benjamin Netanyahu as an isolated international opponent of the historic accord, saying, "I do not doubt his sincerity but I believe he is wrong."

The agreement would require Iran to dismantle most of its nuclear program for at least a decade in exchange for billions of dollars in relief from international sanctions. But Netanyahu and some critics in the U.S. argue that it would not stop Iran from building a bomb.

The president's blunt remarks, in an hour-long address at American University, were part of an intense lobbying campaign by the White House ahead of Congress' vote next month to either approve or disapprove the international agreement. Opponents of the agreement have streamed to Capitol Hill, too, to make their case and have spent tens of millions of dollars on advertisements.

Obama's diplomatic overtures to Iran, a centrepiece of his foreign-policy agenda, have put him at odds with Republicans and some Democrats, as well as with Netanyahu, who has campaigned vigorously against the deal.

Netanyahu and U.S. critics of the Iran deal say Obama is presenting a false choice between accepting the deal at hand and going to war to stop Iran from building a bomb.

THE ASSOCIATED PRESS

239

The number of people who were aboard Malaysia Airlines flight 370 when it disappeared.
THE ASSOCIATED PRESS

OIL SANDS
TRADE SHOW
AND CONFERENCE

STAND STRONG WITH YOUR
INDUSTRY

September 15 & 16, 2015
Suncor Community Leisure Centre
Fort McMurray, Alberta, Canada



@oilsandsshow #OST15

oilsandstradeshow.com

Register using code **METRO**



Pope Francis greets Catholics during the general audience in the Paul VI hall at the Vatican on Wednesday.
GREGORIO BORGIA/THE ASSOCIATED PRESS

Pope softer on divorced

RELIGION
Speech could hint at larger marriage law reforms

Pope Francis' call Wednesday for a church of "open doors" that welcomes divorced Catholics prompted speculation over whether he was signaling support for easing the ban on Communion for couples who remarry without a church annulment.

The issue is at the centre of an extraordinarily public debate among cardinals from around the world who will gather this October at the Vatican for a synod, or meeting, on the family, where treatment of such couples will be a key topic.

"He wants the church to get over a psychology that if you're divorced and remarried that you're a lesser Catholic," said Phillip Thompson, executive

director of the Aquinas Center of Theology at Emory University in Atlanta.

"But it doesn't address the real issue of what is the path forward for Catholics who want to enter into full communion with the church."

Under Catholic teaching, unless a marriage is annulled, or declared null and void by a church tribunal, those who remarry cannot receive Communion or other sacraments because they are essentially living in sin and committing adultery.

Such annulments can take years to process — if they are granted at all — a problem that has left generations of Catholics feeling shunned by their church.

The pope, speaking at his weekly general audience at the Vatican, underscored Catholic teaching on divorced Catholics who remarry without an annulment, saying, "the church knows well that such a situation contradicts the Christian sacrament."

THE ASSOCIATED PRESS

HUMAN SMUGGLING

Navies rescue hundreds from capsized

A fishing boat crowded with migrants overturned Wednesday in the Mediterranean off Libya as rescuers approached, and the Italian coast guard and Irish navy said at least 367 people were saved, although 25 bodies were also found in the latest human smuggling tragedy.

Coast guard Cmdr. Filippo Marini said the rescue operation, involving seven ships, was still underway several

hours after the capsizing. Survivors indicated that between 400 and 600 people were aboard the smugglers' boat, he added.

The exact number of those aboard might never be known, but authorities hoped to have a better idea after survivors are interviewed.

The Irish naval vessel Le Niamh was one of the ships tasked by the coast guard to speed to the rescue of the boat shortly

before noon, Irish Capt. Donal Gallagher told The Associated Press by phone.

The Le Niamh arrived near the fishing boat, Marini said, and "at the sight of it, the migrants shifted" to one side and their boat capsized.

An Irish Defence Forces statement said that when it reached the scene, the Le Niamh deployed two rigid hull inflatable boats on either side of the vessel "as per standard

procedure. However, the vessel capsized." The Le Niamh deployed life rafts and other rigid hulled boats, it added.

An Italian military helicopter dropped additional life rafts into the sea, where 150 people were initially spotted, Gallagher said.

By evening, the Le Niamh had 367 people aboard, including 13 children, the Irish military said.

THE ASSOCIATED PRESS

UNAUTHORIZED 72 HOUR EMPLOYEE PRICING

AUGUST 6TH, 7TH & 8TH

2015 CRUZE LS

6 SPEED AUTOMATIC, AIR CONDITIONING, ONSTAR COMMUNICATIONS, BLUETOOTH, SIRIUS XM RADIO



CG107718

MSRP: \$21,945

SALE: \$19,999

\$57/WK

0% for 84 months

2015 SIERRA 1500 DBL CAB 4WD

5.3L V8, 6 SPEED AUTOMATIC, 8" COLOR SCREEN, AIR CONDITIONING, ONSTAR COMMUNICATIONS, BLUETOOTH, SIRIUS XM RADIO



CG322081

MSRP: \$46,950

SALE: \$34,999

\$99/WK

5.49% for 96 months

2015 TERRAIN SLE - 1

6 SPEED AUTOMATIC, CRUISE CONTROL, AIR CONDITIONING, BLUETOOTH, ONSTAR COMMUNICATIONS



CG338477

MSRP: \$30,145

SALE: \$23,649

\$74/WK

5.49% for 96 months



403-207-1000
CMPAUTO.COM
1313 36 St. NE, Calgary, AB, T2A 6P9



REBUILD YOUR CREDIT!
403.207.1041
CALGARYAUTOFINANCING.COM



TOP DOLLAR FOR TRADES! YES WE CAN FINANCE!

MASSIVE HAIL SALE

IS ON NOW!



NOW ONLY \$22,995 OR \$138/BW

2015 FIAT 500L TREKKING

STK# 141735L

1.4L I4, MULTI-AIR TURBO, AUTOMATIC, A/C, POWER GROUP, BEATS SOUND, SAFETY GROUP, SIRIUS RADIO, KEYLESS, BACK-UP CAM

MSRP \$30,930 ONLY 1500 KM'S

ONLY
1800
KM'S



2015 RAM 1500 LARAMIE CREW CAB 4X4

STK# 151272L

5.7L HEMI V8, 8 SPEED AUTO, A/C, CRUISE CONTROL, TILT WHEEL, POWER GROUP, TRAILER TOW PKG, TINTED GLASS, KEY-LESS ENTRY

~~MSRP \$58,095~~ **NOW \$39,995 OR \$237/BW**

2015 CHRYSLER 200 LIMITED

STK# 150160L

2.6L PENTASTAR V6, 9 SPEED AUTO, 8.4" TOUCH SCREEN, BACK-UP CAM, SUNROOF, HARMON KARDON SOUND, BLUETOOTH

~~MSRP \$31,650~~ **NOW \$24,995 OR \$149/BW**

2014 DODGE GRAND CARAVAN SXT PLUS

STK# 141038L

3.6L PENTASTAR V6, AUTO, BACK-UP CAM, REAR DVD ENTERTAINMENT, BLUETOOTH, 3-ZONE CLIMATE CONTROL, FULL STORAGE

~~MSRP \$39,540~~ **NOW \$24,995 OR \$149/BW**

2014 JEEP CHEROKEE NORTH

STK# 141289L

COLD WEATHER PACKAGE, REMOTE START, BLUETOOTH, MUCH MORE.

~~MSRP \$29,185~~ **NOW \$24,888 OR \$172/BW**

RENFREW

DODGE CHRYSLER Jeep



YOUR DOWNTOWN CHRYSLER CONNECTION

CALL US TODAY **1.888.861.7964**
1920 PUMPHOUSE AVE SW
OPEN 9AM - 9PM

TRADES NEEDED - PAID OR NOT! PROUDLY SERVING ALBERTANS FOR OVER 80 YEARS! TO

FINANCE EVERYONE! 100% FINANCING AVAILABLE!

AUG 1 - AUG 31, 2015

TRADE IN TRADE UP

SUMMER CLEARANCE EVENT



Jeep



RAM

ONLY
1500
KM!



\$237/BW

**2015 RAM 1500
SPORT CREW CAB 4X4**

STK# 150698
8.4" SCREEN, POWER SEATS, KEYLESS ENTRY, MUCH MORE

\$198/BW

**2015 JEEP GRAND
CHEROKEE LAREDO 4X4**

STK# 11408
3.6L PENTASTAR V6, AUTO, BLUETOOTH, POWER SEAT, KEYLESS
GO, A/C, CRUISE CONTROL, POWER GROUP, TINTED GLASS
MSRP \$40,860

\$169/BW

**2014 CHRYSLER TOWN
& COUNTRY**

STK# 11462
NAV, SUNROOF, POWER DOORS, BACK-UP-CAMERA,
BLUETOOTH, BLUERAY X2



NOW ONLY \$39,995



NOW ONLY \$31,888



NOW ONLY \$27,888

YOUR DESTINATION FOR THE LARGEST SELECTION IN CALGARY!

2013 DODGE DURANGO CITADEL AWD



STK# 150698
5.7L HEMI V8, AUTO, LEATHER INT, 2ND ROW BUCKETS, CLIMATE
CONTROL, SUNROOF, KEYLESS ENTRY, DVD SYSTEM, TRAILER
TOW PKG
\$237/BW or \$38,888

2013 GRAND CARAVAN SE



STK# 150698
ONLY 19,000KM, 3.6L V6, AUTOMATIC, 17" WHEEL COV-
ERS, UNDERSEAT BUCKETS, STEEL WHEELS
\$112/BW or \$15,995

2009 DODGE JOURNEY



STK# 150698
2.4L I4, ONLY 10,754 KM, KEYLESS ENTRY, PWR GROUP,
AUTOMATIC TRANSMISSION
MSRP \$24,395
\$107/BW or \$10,995

2014 RAM 1500 SLT QUAD CAB 4X4



STK# 150698
3.6L ECOHSEI, 6 SPEED AUTO, HEATED SEATS, HEATED WHEEL,
BLUETOOTH, BACK-UP CAM, TONNEAU COVER, TRAILER TOW PKG
\$237/BW or \$37,888

2014 JEEP GRAND CHEROKEE LTD 4X4



STK# 150698
3.6L PENTASTAR V6, AUTOMATIC, HEATED LEATHER,
BACK-UP CAM, POWER SUNROOF, NAVIGATION, BLUETOOTH,
KEYLESS ENTRY
\$237/BW or \$38,888

2014 CHRYSLER 300S



STK# 150698
3.6L V6, 6 SPEED AUTO, LEATHER, HEATED SEATS, SUNROOF,
KEYLESS ENTRY, CLIMATE CONTROL, SATELLITE RADIO AND
MUCH MORE!
\$168/BW or \$26,888

RENFREWCHRYSLER.COM



Travel packages supplied & serviced by Odessa Marketing Group. See dealer for complete details. Pricing does not include GST. Vehicles may not be exactly as shown.
50 Down, 5.99% interest rate, OAC. Qualifications 2014 & 2015 - 60 mths, 2012 & 2013 - 84 mths, 2010 & 2011 - 72 mths, 2007 to 2006 - 60 mths, #11230 OAC (4.99%), 96
MONTHS, COB \$8511 AND TOB \$37302. See Dealer for details. \$10,000. **STK# 141704A 2011 Grand Caravan, 5.30% for 60mths, COB-\$1784.20, TOB-\$15044.20 Monthly
payments based on the following eq. STK# 11370 2014 Chrysler 200 LTD COB \$5337.81, TOB \$34,066.76 at 4.99% for 96 months, OAC.



ONE DOLLAR FOR TRADES! YES WE CAN FINANCE EVERYONE! 100% FINANCING AVAILABLE!



2015 FIAT 500L TREKKING

MASSIVE HAIL SALE

\$138/BW

TRADE IN TRADE UP

IS ON NOW!

AUG 1 - AUG 31, 2015

SUMMER CLEARANCE EVENT



FIAT



RENFREW 80 Years

YOUR DOWNTOWN CHRYSLER CONNECTION

18 Thursday, August 6, 2015

World **metro** NEWS

Camp reopens four years after fanatic shot 69 dead

NORWAY

Memorial with victims' names has pride of place in Utoya

Four years ago a right-wing extremist gunned down 69 people, shattering the tranquility on the idyllic Norwegian island of Utoya after killing eight in a bomb blast at government buildings in the centre of the capital Oslo.

This week, a flood of newcomers will be arriving on the island as the Labor Party's youth camp opens for the first time since the massacre on July 22, 2011.

Emilie Bersaas, a camp organizer, says they won't allow "that dark day (to) overshadow the nice and bright" memories of past camps or future weekend youth meetings and social events organized by the party's youth wing, which owns the island about 40 kilometres from the capital, Oslo.

More than 1,000 students have enrolled for three days of seminars on politics that start Friday. Private visitors a day earlier will include NATO Secretary-General Jens Stoltenberg, a former Labor Party leader who was also Norway's prime minister at the time of the massacre.

Many of the island's traditional red-and-white wooden



Pennants fly on Utoya, Wednesday, a day before youth arrive on the Norwegian island for the first camp since the massacre in 2011 in which 69 people died. NTB SCANPIX/THE ASSOCIATED PRESS

buildings have been renovated and construction continued feverishly Wednesday to complete new conference and meeting rooms in Scandinavian-style glass and wood design. A bright circular steel memorial engraved with the victims' names has been given pride of place among pine trees on a secluded spot overlooking

“It's still too early for some ... we grieve in different ways and some parents need more time

Lisbeth Roynehold, whose daughter was killed

the Tyrifjorden lake. The murderous rampage of the self-styled "militant nationalist" Anders Behring

Norway were affected by the massacre, through connections with family, friends, work or acquaintances of victims.

It also left lasting traces on Utoya, including the dark green cafeteria which bears the bullet marks of the murder of 13 people. It has not been renovated and will open as a centre for learning after another building has been built around it.

In 2012, Breivik was convicted of mass murder and terrorism and was given a 21-year prison sentence that can be extended for as long as he's deemed dangerous to society.

But his attack has left a scar on Norway's reputation as a country that doesn't need armed police and where political leaders can walk freely in the city.

The victims' names, engraved in longhand on the memorial steel circle suspended in the air, glittered in the humid, cloudy air. The youngest was that of a 14-year-old boy; the oldest that of Breivik's first target on the island, a 45-year-old security guard.

But not all 69 names are there. Eight spaces have been left for those names parents have not wanted displayed.

"It's still too early for some now, and that's a natural thing I think," says Lisbeth Roynehold, whose 18-year-old daughter Synne was killed. "Because we grieve in different ways and some parents need more time."

THE ASSOCIATED PRESS

COLOMBIA

Woman held with \$38,500 in stomach

Colombian police said Wednesday they arrested a woman at Bogota's airport after discovering she was smuggling \$38,500 US in cash in small capsules hidden inside her body.

The woman, described as a 39-year-old Colombian fashion designer, was arrested two days ago in the capital's El Dorado airport after arriving on a flight from Mexico.

The woman was receiving medical treatment and so far had expelled 64 latex-covered capsules containing five \$100 US bills each, General Gustavo Moreno, head of the customs police, told The Associated Press.

Colombia supplies around 90 per cent of the cocaine consumed in the United States, so law enforcement agents in the country are permanently on the lookout for drug mules who swallow small capsules of cocaine. Finding people using the tactic to smuggle cash in excess of the \$10,000 US legal limit is much rarer.

Nonetheless Moreno said it has become more frequent of late and he expects to capture more people employing the technique because the strong U.S. dollar provides an incentive to criminals to repatriate profits from the illegal drug trade.

Most drug sales take place in dollars or euros so Colombian traffickers frequently look to repatriate their illegal profits and launder them through construction and other front businesses back home. A strong dollar, which allows the drug money to go further once converted into pesos, serves as a strong magnet emboldening traffickers to take on such huge risks, experts say.

So far this year, cash seizures at Bogota's airport have quadrupled to about \$5 million US as the greenback has risen almost 60 per cent against the Colombian peso.

The biggest seizures took place last week, when five people travelling together from the Dominican Republic were arrested carrying more than \$1 million US in cash hidden in false-bottom luggage.

THE ASSOCIATED PRESS

60%

Cash seizures at Bogota's airport have quadrupled as the U.S. dollar has risen about 60 per cent against the peso.

Complete your
HUMAN SERVICES DIPLOMA
in One Year Evenings
and Weekends.

Human Services Professionals earn between **\$33,000 to \$63,000 per year.**
Enroll today in our **Human Services Diploma Program!**

Specialize in: Social Work, Youth Work, or Education Assistant
Columbia provides a caring, warm, and respectful environment to learn. Our students want to attain a better quality of life. Columbia is dedicated to the future success of our students. Taught by professionals in their respective fields. Free upgrading and student loans available for those who qualify. Competitive tuition fees.

For more information:

www.columbia.ab.ca/m

Call now: 403.235.9300

Drop-in: 802 Manning Road NE, Calgary AB (Monday to Saturday)

COLUMBIA
COLLEGE
CALGARY

Quality education that works for you & employers.

NASHVILLE

Hatchet-wielding suspect shot dead

A suspect wielding a hatchet and a gun inside a Nashville-area movie theatre died after exchanging gunshots with a police team that stormed the theatre, police said Wednesday.

The suspect was not identified. It was not immediately clear if anyone was wounded. Don Aaron, a spokesman for Metro Nashville police, said one person may have suffered a hatchet wound, but fire department spokesman Brian Haas said the agency had not treated anyone for injuries.

Aaron said an officer came into the theatre and was fired upon by the suspect. The officer shot back, then backed off. After that, a specially trained police team came in, and there was another exchange

+ LOUISIANA

The shooting comes about two weeks after a gunman opened fire inside a movie theatre in Louisiana. Police there said John Russell Houser killed two people and wounded nine others before fatally shooting himself.

of gunfire. The suspect was then found dead.

The suspect had two backpacks, which are being checked by authorities. Video from the scene showed at least one ambulance outside the theatre.

THE ASSOCIATED PRESS



MYANMAR AID FLOWS, BUT FLOODING RAGES ON A girl receives relief items from her half-submerged home in Nyaung Tone, Ayeyarwaddy Delta, about 60 miles southwest of Yangon, Myanmar, on Wednesday. Friendly nations and international relief organizations are mobilizing to give disaster assistance to Myanmar, where 69 people have died and another 260,000 have been affected by widespread flooding fed by more than a month of heavy monsoon rains and a cyclone.

KHIN MAUNG WIN/THE ASSOCIATED PRESS

SAN JUAN

Drought cues water rationing in Puerto Rico

A deepening drought in Puerto Rico that has affected 2.5 million people forced the government on Wednesday to extend severe water rationing measures to more communities that are already struggling with an economic crisis.

Another 180,000 customers will now receive water only every third day, raising the total facing 48-hour cuts in service to 400,000, as the U.S. territory's main reservoirs continue to shrink, according to the island's

water and sewer company.

"We have to keep the water that's available under control," said Alberto Lazaro, the company's executive director.

Nearly 13 per cent of Puerto Rico is under an extreme drought and another 39 per cent under a severe one, according to The National Drought Mitigation Center.

July was the fourth driest month on record in San Juan since 1898, with only four centimetres of rain, said Carlos Anselmi, a meteorologist with the

National Weather Service.

So far this year, it has rained as much as 31 centimetres less than usual in San Juan, and as much as 51 centimetres less in some areas at the Carraizo reservoir, he said.

Forecasters blame the El Nino phenomenon, a warming of the tropical Pacific that affects global weather and has led to a quiet Atlantic hurricane season, which began in June and ends in November.

The lack of rain has forced

some businesses in Puerto Rico to temporarily close, while others, such as motels, have reported a slight increase in customers.

The drought comes as Puerto Rico is struggling through a nearly decade-long economic slump that has led authorities to raise sales taxes, even on bottled water.

Other Caribbean islands are also struggling with a drought, including Jamaica, St. Lucia and the Dominican Republic.

THE ASSOCIATED PRESS

Wildfire 'one big monster'

NORTHERN CALIFORNIA

Crews report some progress against huge West Coast fire

Thousands of firefighters battling an unruly Northern California wildfire were aided overnight by cooler temperatures and higher humidity.

But the fire is still less than a quarter contained.

Firefighting officials said crews made progress Tuesday with some help from light

rain. The blaze has charred 275 square kilometres and it isn't expected to be completely contained until at least Monday. Crews hope the weather will co-operate Wednesday.

"It's going to be a little bit hotter and a little bit dryer, and the winds are just going to blow a little bit more but it's not going to be crazy," California Department of Forestry spokesman Mike Yeun said Wednesday morning. "We are just going to hope for the best."

More than 3,000 firefighters are battling the smoky blaze.

"The guys on the line have been incredible and did really good work (Tuesday night). We are going to try to hold this and hopefully it will not take off," Yeun said.

The fire is burning about 160 kilometres north of San Francisco along rugged, parched terrain in Lake, Yolo and Colusa counties.

The cause of the fire is under investigation. Since it started last Wednesday, more than 13,000 people were required or urged to leave their homes, vacation cabins and campsites.

Teams on Tuesday were able to build a buffer between the flames and some of the estimated 6,900 homes it threatens. Despite the fire's growth, no additional homes were consumed outside the two dozen already destroyed.

“

We are going to try to hold this and hopefully it will not take off.

Department of Forestry spokesman Mike Yeun

The fire is by far the largest of 11 burning in Northern California

The National Interagency Fire Center in Boise, Idaho, has the wildfire listed as the nation's highest prior-

ity for crews and equipment, spokesman Mike Ferris said.

He called the fire "one big monster."

Crews have conducted controlled burns, setting fire to shrubs to rob the blaze of fuel and protect homes in a rural area of grasslands and steep hills.

President Barack Obama was briefed on the fire and has asked his aides to stay in close touch with California Gov. Jerry Brown and other local officials, the White House said.

THE ASSOCIATED PRESS

Get our best price to Hawaii with our

MAKAMAKA & OHANA

Price Drop Guarantee



At WestJet, we treat you like Makamaka & Ohana.



That's Hawaiian for friends and family. As part of our tightknit group, you can be confident you'll always get our lowest price to Hawaii because we're the only Canadian airline with a Price Drop Guarantee valid up until 2 hours before your flight.* So, book your trip early because if you find the same flight for less later on, we'll give you the difference back in WestJet dollars. It's that simple.

Discover more at westjet.com/hawaii or call your travel agent.

WESTJET

*Terms and conditions apply.

Automakers struggle to keep hackers out of cars

TECHNOLOGY

Vehicles now have more software than a Boeing 787

When researchers at two West Coast universities took control of a General Motors car through cellular and Bluetooth connections in 2010, they startled the auto industry by exposing a glaring security gap.

Five years later, two friendly hackers sitting on a living room couch used a laptop computer to commandeer a Jeep from afar over the Internet, demonstrating an even scarier vulnerability.

"Cars don't seem to be any more secure than when the university guys did it," says Charlie Miller, a security expert at Twitter who, along with well-known hacker and security consultant Chris Valasek, engineered the attack on the Jeep Cherokee.

Fiat Chrysler, the maker of Jeeps, is now conducting the



Fiat Chrysler Automobiles says it has a software fix to prevent hacking into the Jeep Cherokee through the Uconnect infotainment system. FIAT CHRYSLER AUTOMOBILES/THE ASSOCIATED PRESS

first recall to patch a cybersecurity problem, covering 1.4 million Jeeps. And experts and lawmakers are warning the auto industry and regulators to move faster to plug holes created by the dozens of new computers and the growing number of Internet connec-

tions in today's automobiles.

The average new car has 40 to 50 computers that run 20 million lines of software code, more than a Boeing 787, a recent KPMG study found.

After the 2010 hack, the auto industry plugged access holes and tried to isolate en-

tertainment and driver information systems from critical functions such as steering and brakes. But in each subsequent model year, it added microchips and essentially turned cars into rolling computers. Internet access has created new vulnerabilities.



Cars don't seem to be any more secure.

Charlie Miller, security expert at Twitter

Security experts say automakers should have systems that recognize rogue commands and stop them from taking control of a car. Some already do. They also say car companies must behave more like the personal computer industry, instantaneously updating software via the Internet to stay ahead in a perpetual cat-and-mouse game. Tesla and BMW already can do this, and nearly all automakers are planning for it.

Just last week, another hacker revealed that he placed a small electronic box on a car to steal information from GM's OnStar system so he could open doors and start the vehicle. GM said the hack was isolated to one car and it has closed the loopholes.

THE ASSOCIATED PRESS

TRADE

Demand grows for goods

Canada's merchandise trade deficit with the rest of the world shrank in June to a surprisingly low \$476 million, as exports surged in a range of sectors, including consumer goods and major resource commodities.

The trade deficit was far less than the \$3.4 billion gap in May, according to Statistics Canada figures released Wednesday, and below an estimated deficit of \$2.8 billion, according to Thomson Reuters.

Although the improvement was helped by a slight decline in imports, economists said the main driver for June's outperformance was strong demand for Canadian goods.

"In volumes terms, exports regained all the ground lost over the last six months," TD economist Diana Petramala wrote in a commentary.

She said Canada's trade performance is now expected to contribute positively to Canadian second-quarter growth.

But other factors including a drop in business investment is likely to "swamp the more positive trade story overall, leaving real GDP on track for a modest second consecutive quarterly decline," she added.

THE CANADIAN PRESS

IN BRIEF

More film points needed

Cineplex is raising the number of Scene loyalty program points needed for free premium movie tickets starting on Nov. 4 to 1,500 for screenings in 3D or seats inside an UltraAVX or Imax theatre, and 2,000 for the adults-only VIP cinemas.

THE CANADIAN PRESS

market minute



DOLLAR

75.83¢ (-0.04¢)



TSX

14,502.99 (+11.94)



OIL

\$45.15 US (-59¢)



GOLD

\$1,085.60 US (-\$5.10)

NATURAL GAS: \$2.798 US (-1.4¢)

DOW JONES: 17,540.47 (-10.22)

BOOKS AND MAGAZINES

Weaker loonie hits Indigo's bottom line

A weaker Canadian dollar left a mark on the bottom line of Indigo Books & Music Inc. in the latest quarter.

The company's chief financial officer Laura Carr disclosed in a conference call with analysts on Wednesday that the company took a \$3 million hit on its bottom line during the first quarter ended June 27, a direct impact from the exchange rate with the U.S. dollar. Carr said Indigo managed to absorb the effect of the exchange rate by funneling the costs into its book and merchandise prices and securing better agreements



A shopper goes into an Indigo Books, Gifts, Life store in Stoney Creek, Ont. INDIGO BOOKS & MUSIC/THE CANADIAN PRESS

with its suppliers by increasing the volume of its orders.

Book and magazine prices are often a hot topic when cur-

rency exchange rates dramatically fluctuate, partly because it's one of the few retail goods that lists how much they cost

in each currency on the same product.

When the value of the loonie soared to near par with the American dollar several years ago, some consumers complained they were paying excessive markups on books.

However, as the loonie sits around 76 cents U.S., retailers are facing the challenge of recouping lost profit margins.

Indigo Books & Music operates 90 large format stores under the Chapters and Indigo banners, as well as 126 smaller locations like Coles, Indigospirit and SmithBooks.

THE CANADIAN PRESS

Calgary-Northern Hills Progressive Conservative Association

Notice of Annual General Meeting

Thursday, August 20, 2015 @ 7 PM

Panorama Hills e-Community Centre (88 Panamont Hill NW)

Current and prospective members of the PC Association of Alberta are invited to attend. Memberships will be available for sale at the meeting and resident members in good standing will be eligible to vote as outlined in the Constituency Association constitution.

Eligible candidates for the Board of Directors must submit completed nominations by 6:00 PM on August 17, 2015.

For further information, membership status or to submit a nomination please contact Darcy Schumann, President, at (403) 860-9560.



MYSTIC EYE SPIRITUAL READINGS

57 YEARS EXPERIENCE
100% GUARANTEED RESULTS

Specializing in reuniting loved ones
Removes all bad luck spells & negative energy
100% guaranteed results

403.228.2258

SOLVE ALL PROBLEMS OF LIFE

SPECIAL
1/2 PRICE READINGS

BY APPOINTMENT ONLY

COME IN TODAY FOR A BETTER TOMORROW

PALM TAROT ENERGY READINGS

Adventure!
Teach English Overseas

- TESOL Certified in 5 Days
- In-Class or Online
- No Degree Required!

1.888.270.2941
Job Guaranteed!

Next in-class course: August 26th - 30th, 2015
Next Seminar: August 13th, 2015 @ 7pm
Travelodge University Hotel - 2227 Banfill Trail NW
www.globaltesol.com

GLOBAL TESOL COLLEGE
Teach English Worldwide



ROSEMARY WESTWOOD

metroview

Is equality in 'thermal comfort' really our greatest concern?

Get a sweater.

No, really. Leave your office building, walk to the nearest Joe Fresh, drop \$10 on a crew neck, come back to work and stop whining.

The most boring story of the summer (the season of boring stories) arrived this week, wrapped in a handy coating of sexism, and took off.

You couldn't pass newsstands or hang on Twitter without bombardment by a shocking truth: office air conditioning is designed for ... men!

Researchers found thermostats are set to please the average 40-year-old man in the 1960s, while women, who like it hotter, are left to shiver.

The Internet ate it up. Editors put it on the front page. People (probably none more than women in offices) nattered.

But if I have to glance at one more outrage-feigning headline, I will curse every complainer to a life in a deep freeze, right between the hanging pig and leg of lamb.

Some people thought we made too much of poor Cecil the lion. But that was about one man's erectile dysfunction, if you believe Jimmy Kimmel, and most definitely about life and death — of a species, no less, and arguably an ecosystem.

Over here in office land, the

stakes are piddly.

Offices should "reduce gender-discriminating bias in thermal comfort predictions," declared the researchers.

"Equal thermal comfort for all!" doesn't quite have the ring of "Save the lions!" but such is office life.

Or such is the state of feminism.

Instead of crying foul over Fahrenheit, we might have paused to debate a new study that found 95 per cent of women do not regret getting an abortion, after surveying 670 women from a variety of social backgrounds over three years. There's also the small matter of our early start in sexism, as evidenced by new research showing girls are more likely to trust their student council if it's run by boys.

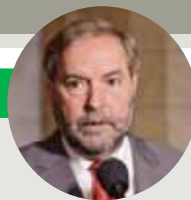
I don't really care if you're cold. It's not a wider problem if you can fix it all by yourself for the price of a quinoa lunch box (and if you can't afford that, the issue we should be talking about is income inequality and pay equity). Surely there's room for an extra layer in that giant purse you lug to work every day.

We're not supposed to silence each other, I know. We women shouldn't ask each other to change.

But please, do get changed — into a parka if you must — and find something better to get you hot and bothered.

metro's election explainer

The more debates the merrier?



So you're used to setting your PVR for just one evening's worth of politicians throwing shade at each other — either the English or French "consortium" debate, produced jointly by Canada's major networks (CBC, CTV, Global). This year, you'll need to do more planning. There are four confirmed alternative debates, the first of which, presented by Rogers and Maclean's magazine, runs tonight. Is this about widening the dialogue or subdividing the electorate? Read on.

1. HOW DID THIS HAPPEN?

The Tories said they wouldn't participate in the traditional debates. Their only explanation was to suggest they were embracing "diversity and innovation." But some contend the party is trying to strategically parse and target blocks of voters. It's also worth pointing out that the Tories feuded with the big broadcasters last year over political ads and that their relationship with the CBC, whose funding they've gutted, is fraught to say the least.

2. WHAT DOES IT MEAN?

- NDP Leader Tom Mulcair has said he won't debate without the big honcho himself.
- Justin Trudeau has so far confirmed only that he'll attend tonight's Maclean's/Rogers debate and another, presented by the Globe and Mail and Google, next month.
- The alternative debates were subject to Tory approval, so the terms are bound to be favourable to Harper. Consider: one of the debates is devoted to the economy,

another to foreign policy — subjects the leader is comfortable with.

- The main thing the consortium could offer was eyeballs: over 10 million viewers tuned in to the English debate in 2011. And the partners had planned to pump up the numbers this time through an array of social-media partnerships, meant to yield "unprecedented digital reach." But Harper's opt-out and Mulcair's hard line threaten to render the whole exercise moot.

The election explainer is dedicated to keeping urban Canadians informed ahead of the Oct. 19 vote. Look for it in this space throughout the campaign. Let us know what needs explaining: readers@metronews.ca

URBAN ETIQUETTE: ELLEN VANSTONE ON BELATED SYMPATHY



THE QUESTION

I just found out that my friend's mother died a few weeks ago but he never said anything. Should I send a card? Or is it more tactful to say nothing?



Dear Ellen,

I just found out that my friend's mother died a few weeks ago, but he never said anything, so I don't know whether to mention it or not. Should I say something, or send a card? Except now it seems too late, and anyways I don't know his postal code. So maybe I could send an email, but maybe that's too casual? Or is it more tactful to say nothing and respect his privacy?

Trying to be sympathetic

Dear Trying,

Sometimes people think it's "tactful to say nothing" when what they really mean is "it's way easier for me to ignore this difficult subject by pretending to be tactful."

I don't include you in this category. You seem genuine-

ly ready to do whatever the right thing is. But I have made the mistake of "pretending to be tactful," and I still regret it. A friendly acquaintance at college lost her fiancé just weeks before the wedding, and a bunch of us in her extended circle ignored the entire event, thinking (or pretending) we didn't want to remind her of the painful loss. As if she needed reminding!

Some time later, when my father died, I received a belated sympathy card from

a friendly acquaintance in my own extended circle, and I can't tell you how much it meant to me. I felt so touched. That card, even though it came from someone who never knew my father, made me feel as if someone else was honouring him and his life by acknowledging the loss.

So many of us in this culture are afraid to talk about death, but when people ignore it, there's a kind of message to the bereaved person

that the loss is somehow an embarrassing subject. Which, obviously, is bound to make that person feel worse.

So, the answer is: always send a card, no matter how many weeks have gone by. It's not only the "right thing to do" as a matter of etiquette. What makes it "right" is that it's a kind and considerate act. It's about setting aside your own discomfort and convenience and sending a message that will tell your friend you're thinking of him with love and sympathy. It's these small acts — the ones that are easiest to ignore or forget — that help connect people and make the world a better place.

As for not knowing your friend's postal code, I could ask if you've ever heard of the Internet. But I'll rein in my scoldy tone and tell you that email is just fine — especially if you're too young to have a drawerful of stamps handy.

Need advice? Email Ellen
scene@metronews.ca

metro
Your essential daily news

STAR MEDIA GROUP PRESIDENT

John Cruickshank

VICE PRESIDENT & EDITOR

Cathrin Bradbury

VICE PRESIDENT & GROUP PUBLISHER

Steve Shroot

MANAGING EDITOR CALGARY

Darren Krause

ADVERTISER INQUIRIES

adinfo@metronews.ca

General phone 403-444-0136

FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan



GET WHAT YOU WANT RIGHT HERE!

RIGHT NOW! UNBEATABLE CHOICE!



CALGARY'S #1 FORD AND LINCOLN DEALER



GOOD CREDIT?... BAD CREDIT?... NO CREDIT?..

NO PROBLEM!

GET FINANCED AND GET THE VEHICLE YOU WANT!

2015 FORD EXPEDITION MAX
15033 • 25,909 KM • ECOBOOST • LEATHER • NAV • LOADED!



\$59,988 \$408/BW

2011 FORD FUSION SEL AWD
15021 • POWER EQUIPMENT GROUP • BLUETOOTH



\$13,495 \$108/BW

2013 FORD EDGE SEL AWD
F-1301A • 75,800 KM • NAV • SUNROOF • LEATHER



\$24,977 \$169/BW

2013 FORD EXPLORER AWD
F-1787A • LEATHER • NAV • DVD • 7 PASSENGER



\$28,995 \$199/BW

2012 F150 PLATINUM CREW 4X4
F-512A • KM • ECOBOOST • TONNEAU • LOADED!!!



\$30,995 \$212/BW

2010 FORD EDGE SPORT AWD
15039A • 70,000 KM • LEATHER • PANORAMIC SUNROOF



\$24,995 \$189/BW

2012 FORD TRANSIT CONNECT
F-1197A • 87,000 KM • POWER EQUIPMENT GROUP



\$17,995 \$125/BW

2014 RAM 1500 SPORT 4X4
15026 • 35,492 KM • HEMI V8 • LEATHER



\$36,488 \$249/BW

2010 FORD TAURUS SEL
F-834A • HEATED SEATS • SYNC • 52,150 KM



\$13,495 \$113/BW

2006 NISSAN MURANO AWD
F-1762A • 77,425 KM • LEATHER • NAV • SUNROOF



\$12,990 BLOWOUT

2011 LINCOLN MKX AWD
Z7320 • LEATHER • MOONROOF • NAV



\$24,977 \$179/BW



**LINCOLN
CERTIFIED PRE-OWNED**

6 YEAR, 160,000 KM WARRANTY
200 POINT VEHICLE INSPECTION
6 MO. SUBSCRIPTION TO SIRIUSXM RADIO
RENTAL CAR COVERAGE
24 HR. ROADSIDE ASSISTANCE
CANADIAN BLACK BOOK ENDORSED
CLEAN CARPROOF REPORT

**NOW AVAILABLE
WITH RATES
FROM 0.9%**

DEERFOOT & DOUGLASDALE (403) 451-6182
WWW.WOODRIDGEFORD.COM



OFFICIAL VEHICLE
SUPPLIER



*PLEASE READ- ALL OFFERS OAC. PRICES INCLUDE FEES AND TAXES BUT EXCLUDE GST. LIMITED TIME OFFERS. BIWEEKLY PAYMENTS BASED ON 84 MONTH TERMS (2013/14 MODELS) AND 72 MONTHS (2010-12 MODELS) @ 5.99% AND \$0 DOWNPAYMENT. COST OF BORROWING=\$1,857 (E-565A). INVENTORY ACCURATE AT TIME OF PUBLICATION. VEHICLES MAY NOT BE EXACTLY AS DEPICTED. CONDITIONS APPLY. CONTACT DEALER FOR FULL DETAILS.





Don't call it a beach book

VILLA AMERICA

This is not one of those turn-off-your-brain summer reads

Melissa Dunne
For Metro | Life



So how does Liza Klaussmann *really* feel about her new book *Villa America* recently being called “this summer’s classiest beach read” by one of Britain’s classiest newspapers?

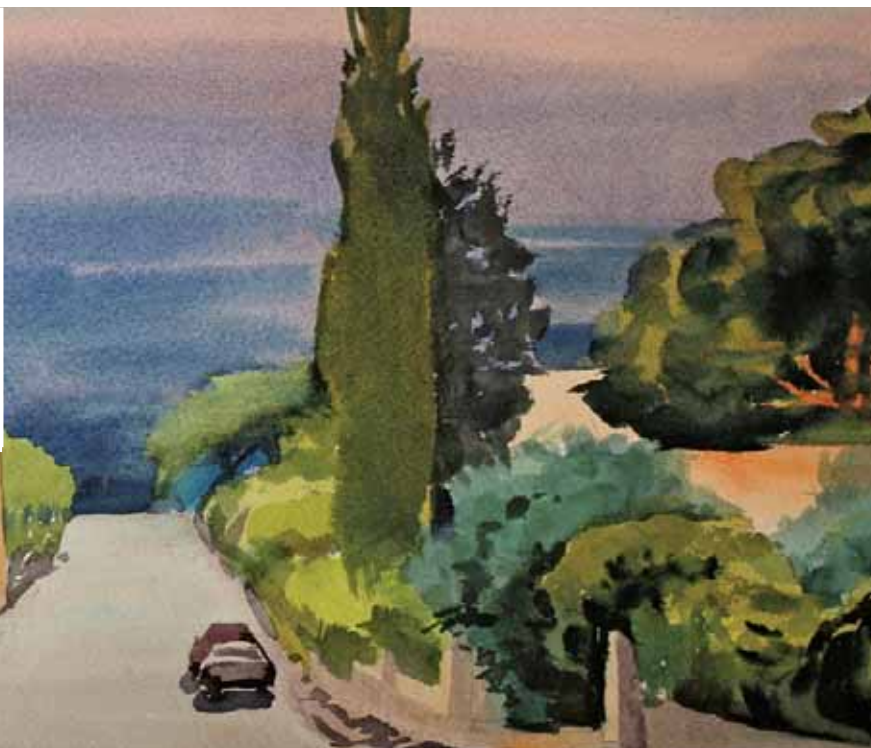
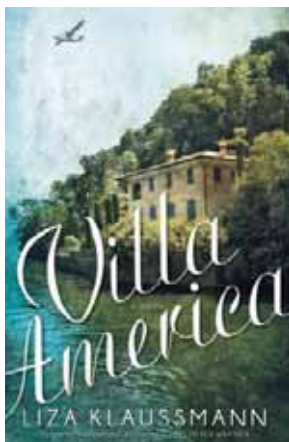
“Yeah, sure why not? The word *classy* is in there — that’s always a good thing,” Klaussmann tells me over the phone while on vacation at Martha’s Vineyard, literally surrounded by beaches.

“I’ve always found the terminology a bit odd. ... You can read anything on the beach.”

The author is diplomatic about the categorization. When a book set in the French Riviera comes out during the dog days of summer it’s perhaps inevitable, she points out, that there will be talk of stuffing it in your beach bag and getting sunscreen smudges on it and sand granules in it while flipping through the pages by the water.

But, one does understand why some authors (and readers) may cringe when the term *beach read* is mentioned.

After all, even today.com back in 2005 was dissing the category in a roundup of the sub-genre: “The beach book is easily digestible, designed to be guzzled



Villa America is a book set by the beach, not a “beach book.” ISTOCK

down from a cramped airline seat or reclining poolside chair. ... They’re not the novels you proudly display on your shelves so that guests may marvel at your intellectual prowess, but frankly, it’s too hot out for Tolstoy.”

Oh, and beach books also tend to be chick-lit — you know, those books with the neon-pink covers. Before the listicle of ‘beach books’ is listed this exhortation adds insult to injury: “Let the mental vacation begin!” Barf.



I’ve always found the terminology a bit odd ... You can read anything on the beach.

Liza Klaussmann

If you’re looking for a mental vacation this summer, *Villa America* is not the ‘beach book’ for you. While her second novel, like her first, does take place near the beach, I’d certainly say it’s

more *classy* than *trashy*.

But enough about the sometimes nauseating way books are labelled and categorized.

Klaussmann burst onto the literary scene with *Tigers in*

Red Weather, her award-winning debut set on Martha’s Vineyard (where Klaussmann usually spends her summers) which became an international bestseller.

Her sophomore effort takes readers to another gorgeous beach locale — this time the French Riviera — and the characters are modelled after the real-life muses of F. Scott Fitzgerald’s *Tender is the Night*.

The initial idea for *Villa Amer-*

INHERITANCE

A whale of a tale

Liza Klaussmann is not a complainer. After all, things are going very well for her right now. Her first novel won her awards and accolades and her second novel *Villa America* has just been published. But, she does have a whale-sized reason to complain.

Herman Melville happens to be her great-great-grandfather and people happen to ask her about the writer of the classic novel *Moby Dick* ALL the time.

Instead of complaining about being asked about, and compared to, someone she never met, she’s decided to deal with her famous relative “head on.”

She is already at work on her third novel and it will reference her long-gone family member.

ica came many moons ago when she was working on her master’s thesis on the Fitzgerald classic. Gerald and Sara Murphy, the couple that inspired Fitzgerald’s book, also inspired Klaussmann.

“I kind of fell in love with them,” says the author.

The resulting work is something many readers are sure to fall in love with, too.

This is one ‘beach book’ you can proudly display on your shelf, perhaps sandwiched between a dog-eared Helen Fielding book and a pristine Tolstoy novel.

What could be classier than that?

SOFTBALL!?

THERE’S NOTHING SOFT ABOUT IT!

2016 Girls
FASTPITCH
Canadian Championships



proudly hosted by
Calgary Adrenaline Fastball Association

August 5 - 9, 2015
Shouldice Athletic Park
(1515 Home Road NW, Calgary)

Tournament Pass: \$60 • Day Pass: \$15 • After 5PM: \$5

championships.softball.ca/u16girls



The killing of Cecil the lion continues to generate fury, but it can also be a teaching moment. These lion-themed kids books might help. **THE ASSOCIATED PRESS**



FRIENDSHIP

The Lion & The Bird

A sweet look at friendship, for kids 4 and up, between a lion who finds an injured bird in his garden one autumn day. The bird is left behind by his flock and the lion nurses his damaged wing back to health, only to have him rejoin his flock the following year. Enchanted Lion Books.



RECIPROCITY

The Lion & The Mouse

The Serengeti comes alive in Jerry Pinkney's nearly wordless retelling of the beloved Aesop fable. The lion spares the mouse from becoming a meal. The mouse returns the deed by freeing the lion from a poacher's trap. Closeups of the players are juxtaposed with vast landscapes. Little, Brown Books for Young Readers.

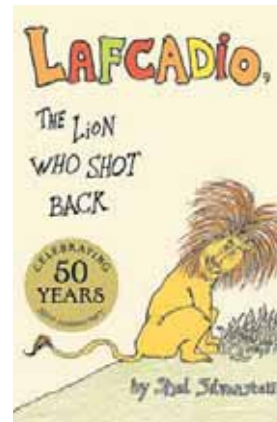
Counting Lions



CONSERVATION

Counting Lions

Charcoal drawings of 10 endangered animals in an oversize format, with a majestic lion as the cover boy. In addition to simple counting on a level worthy of very young children, text covers the qualities and behaviour of each animal, including elephants, giraffes, pandas, turtles and macaws. Creators Katie Cotton and Stephen Walton urge children to care about protection and preservation. October release, Candlewick.



BECOMING WHAT WE HATE

Lafcadio, The Lion Who Shot Back

In Shel Silverstein's first children's book, a lion eats a hunter, taking his gun and becoming a crack shot himself. A circus man names him Lafcadio the Great and brings him to New York, where the lion grows more humanlike, dressing in starched collars and fancy suits. He grows despondent and returns to the jungle to ponder whether he's more man or beast. Anniversary edition, HarperCollins.

Be Career Ready in One Year or Less!

ROBERTSON COLLEGE

Programs in Health Care, Business & IT are Starting Soon. Call 587.794.4476 or visit robertsoncollege.com to get started.

MCKS PRANIC HEALING EXPO

Saturday, August 15 11:00AM – 5:00PM

Pranic Healing® is a simple yet powerful & effective system of no-touch energy healing used to Balance, Harmonize and Transform the body's energy and by doing so accelerates The Natural Healing Process.



NORTHLAND PROFESSIONAL CENTRE

#402, 4600 CROWCHILD TRAIL NW

for more information email CPHA.ALBERTA@GMAIL.COM



How's the news today?

Join our Online Reader Panel and help make your **Metro News** even better. Join for a chance to win a \$25 gift card.



metronews.ca/panel **metro**LIFE

Filipino lives get the spotlight

SHORT FICTION

Author draws on her own experience in the diaspora

BOOKWORM

Sue Carter



It's such a familiar story. When Mia Alvar was a student, first at Harvard College and then at Columbia University, with aspirations of becoming a writer, she had to dig to find English-language fiction by other Filipino authors — despite the fact that there's a long, recognized literary tradition dating back to the 19th century.

"They weren't names that appeared on my syllabi, or the featured table at the bookstore," Alvar says.

New York-based Alvar can now count herself among a new generation of authors from the Filipino diaspora who are being recognized outside

the community for their literary talents, including Montreal's own Miguel Syjuco, who won the 2008 Man Asian Literary Prize for his debut novel *Ilustrado*.

Alvar's first story collection, *In the Country*, published by Knopf, was released this summer to great critical praise with comparisons to one of the indisputable all-time masters of the form, Alice Munro.

In nine stories, including a novella, Alvar travels to the Philippines, the Middle East and the United States, and into the private lives of various Filipino communities and families.

But while there's an underlying sense of displacement and outsider anxiety familiar in many immigrant stories, Alvar's tales twist and surprise.

There's sweet revenge: in *Shadow Families*, a woman named Baby, whose every move and wardrobe choice is judged by the other Filipino women, busts apart an expat community with a sly confession.

But there's also slow-growing empathy in *The Miracle Worker*, in which the wife of an oil



I borrowed a lot from memory and personal experience and changed a lot on the page.

Mia Alvar, author of *In the Country*

worker becomes a caregiver for a young special-needs girl whose mother desperately dreams of a bright future for her child.

Alvar's family left Manila when she was six, first moving to Bahrain for four years before settling in New York.

While the stories may have gestated from her family's experiences, once she started writing, Alvar found they took a life of their own.

"I borrowed a lot from memory and personal experience and changed a lot on the page," she says.

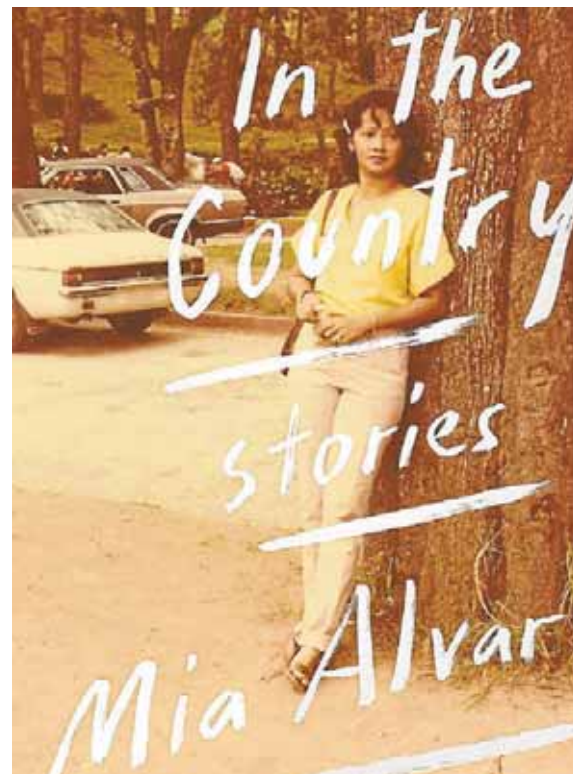
"There are moments where I know I can trace the original spark or inspiration, but by the time the story has made it out into the world, so much

has changed."

She admits that when she first began the collection, she felt the pressure of trying to represent an entire culture.

"I had to work out a philosophy for myself, as I noticed that I would get most stuck and frustrated and bored whenever I was too obsessed with getting it right, whether it was fact-checking the distance between two towns on the map or trying to transcribe a memory from real life as it happened," she says.

Alvar felt the most pressure while writing the titular novella. For those whose knowledge of Filipino history stops at Imelda Marcos' shoe habit, *In the Country* is a heartbreaking insight into living under a dictatorship through the eyes of a couple caught in the political corruption.



SPECIALS OFFERS!

0% FINANCING FOR UP TO 84 MONTHS

5YR - 100,000KM FULL COVERAGE WARRANTY

0% LEASE RATES ON SELECT MODELS

WE WILL PAY YOU TOP DOLLAR FOR YOUR TRADE IN.

BEST RATED RESALE VALUE IN NORTH AMERICA

KIA CITY PRESENTS

Model	Price	Weekly Payment	STK#
2015 KIA SOUL LX Automatic	\$20,180	\$63.20	50339
2015 KIA SOUL EX	\$21,610	\$68.30	50575
2015 KIA SOUL EX +	\$22,810	\$70.80	50557
2015 KIA SOUL SX	\$25,310	\$76.40	50499
2015 KIA SOUL SX Luxury	\$28,210	\$85.35	50344

SOUL SELLDOWN DAYS ON!

35 VEHICLES TO CHOOSE FROM

"Highest Ranked Compact Multi-Purpose Vehicle in Initial Quality" - by JD Power

2015 KIA SOUL LX MANUAL STK# 50340

WELL-EQUIPPED FROM \$14,990* OR

\$55^{.85} WEEKLY

WE WANNA SEE YA IN A KIA!

KIA CLEAR THE LOT

CLEAROUT ON ALL 2015s

0% + UP TO \$6,000

FINANCING OFFER ENDS AUG 31ST

APPLY ONLINE @ KIACITY.CA

5 YEAR - 100,000KM FULL COVERAGE WARRANTY

KIA CITY www.kiacity.com | (403) 243-9997 100 Glendeer Cir SE, Calgary, AB T2H 2V4

The Power to Surprise

ALL PAYMENTS AND PRICES ARE PLUS TAXES. ** PAYMENTS ARE WEEKLY BASED ON 84 MONTHS O.A.C. WEEKLY FINANCING RATES VARY BY TRIP. VEHICLE IMAGES MAY NOT BE EXACTLY AS SHOWN. CASH REBATES AND FINANCE RATES ARE NOT COMBINABLE. COST OF BORROWING: E-50344 COST OF BORROWING: 0.00% OVER 84 MONTHS IS \$1,054.28 OVER FULL TERM. SEE DEALER FOR DETAILS.



WE'VE GOT YOU COVERED



Celebrities take to storytelling



Matthew McConaughey is lending his voice to the audiobook version of *White Man's Problems*. FRANCK ROBICHON/GETTY FILE

AUDIOBOOK

Audiobook boasts star-studded roster of narrators

Matthew McConaughey isn't just encouraging people to read his friend's book. He's also raising his voice.

The Oscar-winner is one of several celebrities to narrate Kevin Morris' audiobook version of *White Man's Problems* from Audible Inc. It's a series of short stories centred on men of various ages uneasily trying to

figure out life's conundrums.

"Kevin's been a friend and consigliere of mine for over 20 years," McConaughey wrote in an email message. "I've always enjoyed his outlook and authenticity of where he's from and wants to go."

McConaughey narrates the first short story, the 18-minute *Summer Farmer*, which is about the brief meeting of a wealthy man and an elevator repairman. It was inspired by John Cheever's *The Summer Farmer* and is being released by Audible free on Aug. 4. The full audiobook is available on Aug. 11.

White Man's Problems will also have stories read by South

Park creators Trey Parker and Matt Stone, John C. McGinley, Josh Holloway, Pete Yorn, Minnie Driver and Sarah Polley.

All are either clients or friends of Morris, an entertainment attorney who also co-produced *The Book of Mormon*.

Morris narrates the last story *White Man's Problems*, which features "the biggest jerk you've ever seen. So I knew I'd probably save him for me and not make anybody else go through it," he said. "It feels like we made an album. It feels like I made an album with my friends. It feels like I made another piece of art out of something I put a tremendous amount of hard

work into," Morris added.

McConaughey, the actor of such films as *Dallas Buyers Club* and *Interstellar*, said it wasn't such a stretch to become a narrator. "Storytelling's what I do for a living as an actor and just like an actor, if the script's good, I don't have to do as much 'acting' per se," he wrote. "Kevin's stories have clear identities and sense of place."

Morris began writing five years ago in an apartment he converted into an office in Santa Monica, Calif. He wrote three days a week, inspired to write nine short stories by J. D. Salinger's *Nine Stories*.

THE ASSOCIATED PRESS

Metro Custom Publishing Directory

Calgary **metro**LIFE

Calgary Marketplace

The Calgary Marketplace is a vibrant and ever-changing landscape. Everything from fashion and shopping to self improvement and education is right outside the door. Call 403.444.0136 for more info.

AUTO FINANCING

BAD CREDIT NO CREDIT BANKRUPTCY
YOU ARE APPROVED!

✓ IF YOU HAVE STABLE INCOME WITH 2 CURRENT PAY STUBS
✓ IF YOU HAVE A STABLE RESIDENCE

SUNRIDGE Mazda GO

3003 - 32ND AVE NE
PHONE 403-475-5277 TOLL FREE 1-888-257-4087
OR SEND A TEXT TO 403-926-5277
MPATAILES@SUNRIDGE.MAZDA.CA

APPROVEDNOW.NET

PSYCHIC

PSYCHIC Rose

SPIRITUAL ADVISOR
TAROT & PALM READER

\$20 SPECIAL
ANY READING (PALM OR TAROT)
SAME DAY APPOINTMENT ONLY

TELLS PAST, PRESENT & FUTURE
YOU WILL BE AMAZED BY HER ACCURACY
SPECIALIZING IN REUNITING LOVERS FOREVER
YOU TELL HER NOTHING, SHE WILL TELL YOU ALL

403.700.1689 CALL TODAY TO BOOK YOUR APPOINTMENT

FAST FOOD

Two FOR One

BOOGIE'S Burgers

Buy one burger and get the second burger of equal or lesser value free. Offer not available on the 'Doug's Don't Fear The Reaper' Burger

Valid Monday - Thursday
boogiesburgers.com

metro

Your Ad Here!

CALL 403.444.0136 FOR MORE INFORMATION

KITCHEN WARE

LARGEST SELECTION of Corelle, Corningware and Luminarc. We also carry: Cuisinart, Staub, Paderno, Kesari, Broan, Zwilling J.A. Henckels, & more!

SALE \$62

CORELLE® BOUTIQUE™
CHERISH 12PC SQUARE DINNER SET ON SPECIAL

\$2.90
Starting From

ROUND CORELLE®
OPEN STOCK ON SALE

HOME WORLD
106 - 2929 SUNRIDGE WAY NE
PH 403.451.0650

metro

Your Ad Here!

FOR JUST \$100 PER WEEK

CALL 403.444.0136 FOR MORE INFORMATION

GOSSIP NOTES

Perrie's Zayn zen

In the wake of Zayn "I love to leave things" Malik's split from fiancée Perrie Edwards coming to light earlier this week, the Little Mix singer was said to be "devastated,"

but according to Edwards herself everything is great, just great. "I'm good, thank



you," she said when pressed in an interview for an update. So there you have it. "Her friends are rallying around her," a source previously told E! News.

NED EHRBAR/METRO IN HOLLYWOOD

No 007 for Idris

Maxim's feature on Elba is a double-edge sword of eye candy and confirmation that the actor won't be ordering a martini "shaken, not stirred" anytime soon.



"It's just not happening," Maxim writes. "Fans have

not been shy about their desire to see the producers slide the Aston Martin keys across the bar to Elba. But in the actor's estimation, this very attention has all but killed his chances to land the role." MATT LEE/METRO IN NEW YORK

FROM HGTV TO THE WHITE HOUSE

Hillz spills TV faves

As she's doing her run for president, Hillary Clinton has to field a lot of questions. In a recent chat with South Carolina Democratic Party Chairman Jamie Harrison, the former first lady and secretary of state opens up about her favourite TV shows, and the answers are, um, telling. Clinton revealed she's a huge fan of Tea Leoni's Madam Secretary — so she's the one — about a female secretary of state. Maybe she likes shows she can relate to? Because she's also a huge fan of The Good

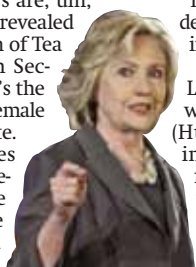
Wife, which started out about a high-powered woman overcoming her politician husband's sex scandal. This is very, very awkward.

But don't worry, Clinton has found the secret to relatability, and it is HGTV.

"I love watching people redecorating their houses, buying houses," she says.

"There's a program called Love It or List It. I like to watch Beachfront Bargain (Hunt) and I'm interested in this young couple that flip houses (Flip or Flop), whether they're going to make their money or not."

NED EHRBAR/METRO IN HOLLYWOOD



WILL AND JADA

Smiths call it quits

While Will Smith and Jada Pinkett Smith laugh off those pesky divorce rumors that keep cropping up, they're reportedly dealing with a completely different breakup in their lives, and it's with the Church of Scientology. Tax records obtained by Radar Online show that the Smith's Will Smith Foundation was issued a \$1.2-million refund in 2013 for cash that had

been donated to a suspiciously Scientology-friendly school. A former Church leader insists the refund comes because the Smiths are no longer members of the controversial religious organization. If that's the case, the Smiths are the rare exception of people who've actually gotten Scientology to give them money. Impressive.

NED EHRBAR/METRO IN HOLLYWOOD



From the left: Viola Davis, Kerry Washington, Shonda Rhimes and Ellen Pompeo at the 2015 Summer TCA Tour. GETTY IMAGES

Shonda queen of the non-answer answer

Talk of legacies not producer's fave topic

Lisa Weidenfeld For Metro

Shonda Rhimes may have made her name with her writing, but for a pro wordsmith, she's awfully short on them when a

room full of journalists tries to get her to answer certain types of questions. Like, for instance, what's going to happen next on any of her Shondaland shows.

"We don't comment on future storylines," Rhimes told the room Tuesday at the Television Critics Association press tour.

But how does Rhimes feel about the whole TGIT branding thing ABC went with for the night of all her shows? Was she feeling any pressure in that situation? "You know what's great is that I absolutely

don't worry about things that I have no control over," Rhimes said. "My job at ABC is to make shows and tell stories, so that is what I spend my time doing."

Rhimes reserved her strongest non-answers for questions regarding her legacy as a person who's gotten more people of colour on TV than possibly any other producer. "I certainly don't spend any time thinking about legacy, because we're still

doing this," she said. When pressed about the concept that she might have something to do with the fact that it seems pretty likely that a woman of colour will win a best actress award at the Emmys for the first time (both Viola Davis and Taraji P. Henson are nominated), she said, "It is a lovely thing that you are saying, but I'm not going to answer that."

Earlier, ABC president Paul Lee had implied that he thought Grey's Anatomy could go on for many more seasons. And what does Rhimes have to say about that? "I agree with everything that Paul Lee says."

Glad we could clear all that up.

THE REWARDS YOU WANT

20x faster

SATURDAY, AUGUST 8

20x THE SHOPPERS OPTIMUM POINTS® WHEN YOU SPEND \$50 OR MORE ON ALMOST ANYTHING IN THE STORE.*

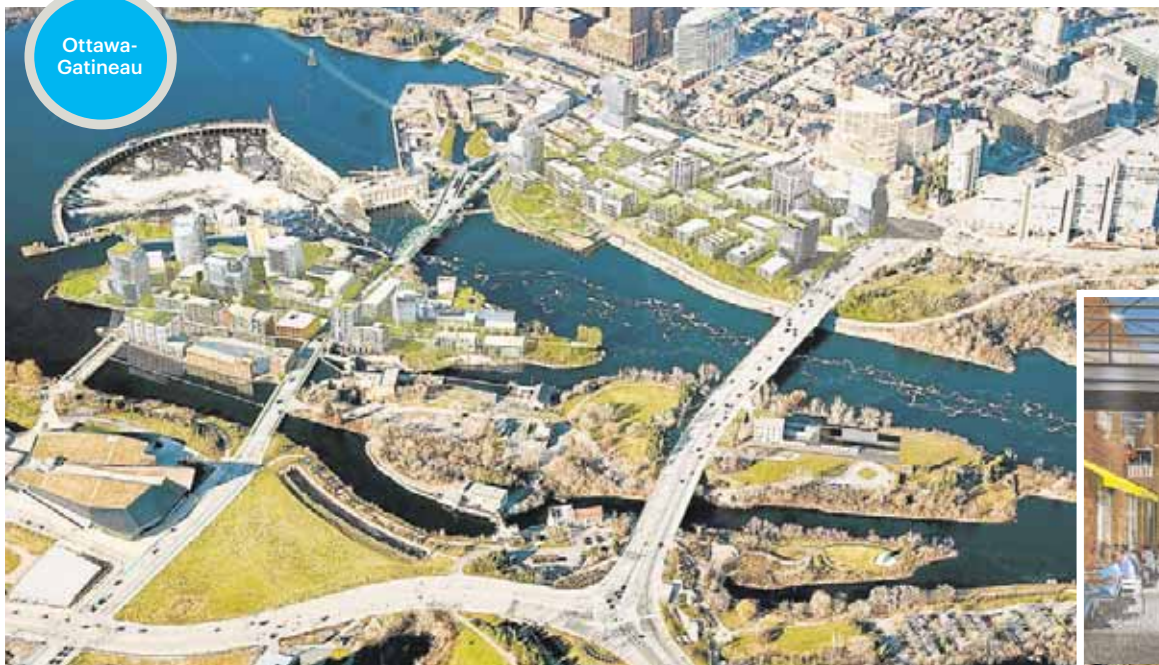


FREE feels good



SHOPPERS DRUG MART

*Points are issued according to the net pre-tax purchase total of eligible products after redemptions and discounts and before taxes using a valid Shoppers Optimum Card®. Excludes prescription purchases, Shoppers Optimum Bonus Points®, RBC® Shoppers Optimum® MasterCard® points and points associated with RBC® Shoppers Optimum Banking Account, products that contain codeine, non-pointable items, tobacco products (where applicable), lottery tickets, passport photos, stamps, transit tickets and passes, event tickets, gift cards, prepaid phone cards, prepaid card products and Shoppers Home Health Care® locations. Offer applies to photofinishing services that are picked up and paid for on the day of the offer only. Not to be used in conjunction with any other Shoppers Optimum Points® promotions or offers. See cashier for details. © 911979 Alberta Ltd.



Ottawa-Gatineau

Above: Capital View Park provides a green core to its neighbourhood, framed by views of Parliament Hill. The park starts at Laval Street with a small urban square, including a children's play area and community agricultural plots.

At left: East Eddy Plaza is connected to surrounding streets by heritage laneways and linear park extensions enriched by surface storm water management.

The Zibi redevelopment project sits in the middle of the Ottawa river, connected to both the city of Ottawa and the city of Gatineau. COURTESY WINDMILL DEVELOPMENTS

Builders seeing the big picture

DEVELOPMENTS

Master-planned communities now common to many cities across Canada



CONDO TRENDS
Duncan McAllister

General George S. Patton once said that a good plan today is better than a perfect plan tomorrow. We all know that planning is an essential aspect of real estate and urban development. It would seem that we're living in the era of the master-planned community. We hear the term a lot, but what does it mean exactly?

BusinessDictionary.com describes it as a type of residential plan, the scope of which is very large, and includes a number of amenities such as parks, golf courses, bike paths and jogging trails.

Closer to the city, it's a large community, built in phases by one or more builders, which encompasses elements of live, work and play. That may include

condos, townhomes, office buildings, shopping centres and parks. The building form is now common to most Canadian cities.

On the West Coast, there's a new master-planned community just outside of Vancouver in the Fremont neighbourhood of Port Coquitlam. The Fremont Riverfront District by developer Mosaic Homes comprises condos, townhomes and commercial units in a true live-work-play community. The modern, pedestrian-oriented neighbourhood has more than 650 row home and apartment residences, with the Fremont Riverclub at its centre.

Another example of a master-planned community that goes beyond the realm of imagination, Zibi straddles the banks of the Ottawa River, located in both the City of Ottawa and the City of Gatineau. This multi-phase project, from Windmill Development Group and Dream Unlimited Corp., will transform a derelict section of land into a blend of condominium towers and townhomes, commercial space and unique waterfront plazas.

In the town of Markham, just north of Toronto, the Remington Group has also embarked on an ambitious project that will include a mix of retail, residential and commercial properties.



The thinking was that subdivisions are a 20th-century phenomenon and the world is going to more mixed-use communities.

Sheldon Levitt, of Quadrangle Architects

The \$3-billion Downtown Markham project will represent the largest planned, mixed-use development in Canada. The site is home to the Signature Condominium Collection, an exclusive condo-hotel designed by Quadrangle Architects with interiors by II BY IV Design.

Sheldon Levitt, principal with Quadrangle Architects, says that back in the '90s, their client Remington, having acquired the 250-acre property, wanted

to build something different than just another bedroom community.

"It was a time when there was a lot of talk about New Urbanism," he said.

"The thinking was that subdivisions are a 20th-century phenomenon and the world is going to more mixed-use communities with a focus on being both pedestrian and transit-oriented and bringing the car under some form of control."



Port Coquitlam, B.C.

Part of a pedestrian-oriented live-work-play community, the Fremont Green condos in Port Coquitlam feature one- and two-bedroom, move-in-ready suites on the waterfront, starting from \$189,900. COURTESY MOSAIC HOMES



Markham, Ont.

Left: The Signature Condominium Collection in Downtown Markham features hotel-style living — floors one to seven comprise the Marriott Hotel with 209 rooms and condo suites are on floors eight to 16. Right: Downtown Markham will include retail, residential and commercial properties in a community that includes LEED standard buildings. COURTESY THE REMINGTON GROUP

Summer gadgets for the home chef

DESIGN CENTRE

Karl Lohnes



Most of us confess to having a winter and summer wardrobe, but many would deny having culinary gadgets specifically for the summer kitchen. Here's my roundup of some sizzling summer faves.

1



2



3



4



5



6



1 Primula 50 oz. Cold Brew Iced Coffee Maker

Keep your caffeine cool during the summer months. \$30, BedBathAndBeyond.ca

2 OXO Corn Stripper With Holder

Strip and store the summer harvest with ease. \$18, CrateAndBarrel

3 Cool & Serve Square Tray

Serve and keep foods cold for up to six hours. \$46.50, PamperedChef.com

4 Lello 4080 Musso Lussino 1.5-Quart Ice Cream Maker

Quite possibly the best ice cream, sorbet and gelato maker in the world. All stainless material. \$780, Amazon.ca

5 Hamilton Beach Ice Shaver

Stylishly serve cold shrimp over ice or make summer-fun slushies. \$50, HamiltonBeach.ca

6 Insulated Laurence Tartan Lunch Bag

Keep your travel delights cool while carrying them in style. \$20, StokesStores.com

What if dream kitchens actually came true?



Bosch. Believe it.

Believe in inspired innovation. From the delicious perfection of Steam Convection to the revolutionary flexibility of our FlexInduction™ to the legendary quiet performance of our signature dishwashers, you can count on Bosch for everything you want in a kitchen – and so much more.

www.bosch-home.ca

Not all models shown are available at all retailers. © 2015 BSH Home Appliances. © 2015 BSH Canada. All trademarks are property of their respective owners. REV15BCAN016-04-120348-22

Atlas Appliance
5545 6 St SE
Calgary

Bestway Appliances
209 35th Ave NE
North Calgary

Castle Appliances
18 - 3220 5th Ave NE
North Calgary

Coast Wholesale Appliances
6128 Centre St SE, South Calgary
Bay 10 - 2151 32nd St NE, North Calgary

The Laundry Store
#6, 625 77 Avenue SE
Calgary

Trail Appliances
6880 11th St SE, South Calgary
2745 - 29 St NE, North Calgary
1025-9 Ave SE, Inglewood Calgary

SE RENTALS



Available Immediately!

**1 & 2 BEDROOM UNITS
DEER RUN, SE**

**Plus
RENTAL
INCENTIVE**

For more information about our rental incentive and to book a convenient appointment to view.

Clean and quiet 1 and 2 bedroom units available immediately/ August 1 Great community living conveniently located on a bus route, easy access to shopping, schools and C-Train. One block to Fish Creek Park walking trails. Large unit features fridge stove and dishwasher, fireplace, balcony/patio, window coverings and plenty of storage. Rents include heat, water and one parking space. On-site management, Rec centre, racquetball & tennis courts. Families Welcome!

**CALL US TODAY
403.278.6676** OR EMAIL US AT
meadowbrook@scpl.com

www.SCPL.com

**SHELTER
CANADIAN**

Making the grade

TRANSITIONS

Ease your teenager's anxiety for the first year of high school

Izabela Szydio
For Metro

With school just a few weeks away, the transition jitters for soon-to-be first-year high school students may be setting in. And while being nervous about change is completely normal, there are ways to reduce your teenager's anxiety.

"New teachers, new friends, new classrooms, new curriculum, new expectations — all these new things can lead to excess stress," said Brent Schieve, a Surrey, B.C., high school teacher who has been teaching for 20 years.

"If they can deal with some of this newness before school

starts, that would help."

Begin your teen's transition by introducing academics slowly while summer vacation is still in full swing, Schieve said.

"There is a huge learning curve for any changes in schools. And high school is still based heavily on reading and math. So any literacy and numeracy activities will help greatly. Try games and reading together as a starting point."

Demystifying the high school environment by physically going to your child's high school and taking a look around will also be helpful, Schieve said. Many schools are open in the summer, especially the week before school starts, so accessibility shouldn't be an issue.



There is a large learning curve for teenagers as they prepare to enter high school. SHUTTERSTOCK

And while the academic transition can be daunting, so can the social one. According to one study published in the *Journal of School Psychology* in 2004, teens between the ages of eight and 13 see their

self-esteem levels drop markedly. Addressing self-esteem and social insecurities before the first day of school may help to reduce them, Schieve said.

"Listen to your kids and be empathetic. For example, ex-

plain that they might be intimidated by older students, but (older students) are just bigger versions of themselves who have more experiences."

The Grade 11 and 12 teacher says students typically adjust

to high school by their second semester, but you should be on the lookout for significant changes in personality or the amount of communication. And if you become concerned, speak to a school counsellor.

Capture life's magic moments with a Nikon D3300 DSLR.



Life is full of surprising, joyful moments - moments worth remembering. The D3300 makes it fun and easy to preserve those moments in the lifelike beauty they deserve: stunning 24.2-megapixel photos and 1080p Full HD videos with tack-sharp details, vibrant colours and softly blurred backgrounds. Like sharing photos? The D3300 photos can appear instantly on your compatible smartphone or tablet for easy sharing with the optional WU-1a Wireless Adapter!

Our price **\$535.32**
with Nikkor AF-S 18-55mm f3.5-5.6 VR II



Proud recipient of the Consumer Choice Award for Photographic Retailer 10 years in a row.



The Camera Store
Get the picture

Big Box Prices, Expert Knowledge.

Call or check our website for guaranteed low prices.
802 - 11th Avenue S.W. Calgary | (403) 234-9935 | 1-888-539-9397

www.thecamerastore.com

Healthy food for thought

Serving a healthy lunch to your child can be a matter of addition and subtraction, says one naturopathic doctor.

Eating protein, vegetables, healthy fat and whole grains together slows the rate at which your blood sugar levels rise after a meal, preventing afternoon sluggishness that can result in blood sugar crashes, says Dr. Olivia Rose, whose Toronto practice includes clinical nutrition services.

But don't be too quick to subtract carbohydrates, which have received a bad rep, Rose said.

"Avoid white bread, but do not avoid carbohydrates," she said. "Carbs are important because they are the precursor to glucose, which is fuel required for your brain and working muscles."

According to the Public Health Agency of Canada, between 1978 and 2004, the combined prevalence of overweight and obesity among Canadians aged two to 17 years old increased to 26 per cent from 15 per cent. And while the new school year is still a few weeks away, anytime is a great time to lay the building blocks of healthy habits, Rose said.



Consider creative lunches for your children. SHUTTERSTOCK

"It's always good to keep within some form of a healthy eating routine, even during the summer. This eases the transition of back to school and teaches children that eating healthy is a lifestyle. Enjoy the occasional ice cream truck run, but make sure it's within the context of regular healthy meals."

As you start mapping out school lunches, Rose said to consider creative, but simple approaches. For example, choose whole grain breads and pita for sandwiches. If your child enjoys dinner foods, pack leftovers for lunch, she said. And for the younger ones? Fin-

ger foods are always a hit.

"Try grilled chicken breast sliced into nugget sizes with a honey mustard dip to create interest," Rose said. "Fruit dipped in chocolate is a favourite, and carrots and celery with hummus are a staple in many lunch boxes."

One way to ensure your kids aren't coming home with uneaten lunches is to get them involved in grocery shopping, choosing their lunch containers and prepping the meals, Rose said. This gives them some control, excitement and responsibility, which often translates to lunches being eaten.

IZABELA SZYDLO

Unfortunate lessons in science

GERMS

Children can be incubators for various illnesses

Izabela Szydlo
For Metro

Let's face it, classrooms can be incubators for germs. If Dominic is sick and sneezes in his hand, then high-fives Keisha, it can start a domino effect. And while schools don't open their doors for a few weeks, being aware of common classroom health concerns now can help keep your kids healthy later.

"When children head back to school, they are exposed to a large number of children, which they may have not been exposed to during holidays," says Dr. Farah Gafoor, a family physician and mother of two. "These kids may have various illnesses. The most common is the common cold, which may be viral or bacterial."

Teaching your children to



Don't let your children learn about science by getting sick from their classmates. Being aware of classroom health concerns, such as the common cold and pink eye, can help your children stay healthy throughout the school year. SHUTTERSTOCK

wash their hands is essential in preventing the spread of colds, and also helps to combat another familiar issue.

"Pink eye is a common eye infection that may be bacterial or viral," the Saskatoon doctor said. "Children tend to touch their eyes and then

touch other surfaces, and in this way it causes the spread of infection. This is preventable if children are taught hand-washing techniques and kept at home until their symptoms resolve."

With kids doing their part by washing their hands, par-

ents must do theirs in helping with yet another frequently occurring issue — lice. Gafoor said preventative measures such as regularly inspecting your child's hair can go a long way.

"The use of coconut oil once a month is good to keep the

skin of the scalp healthy and it also helps to treat and prevent lice infections. Another oil that helps to prevent lice is tea tree oil. A bit can be applied to shampoo when the kid has a head wash."

These issues, although common, actually aren't the

+ CHECKUPS

Back to school is a convenient time to schedule annual checkups. Dr. Farah Gafoor, a family physician in Saskatoon, said doctors not only check the child's immediate health, but also:

- Monitor children's development and plot them on a growth chart to see how they fare with other children.
- Look out for developmental milestones at various age categories and ensure the child is developing adequately.

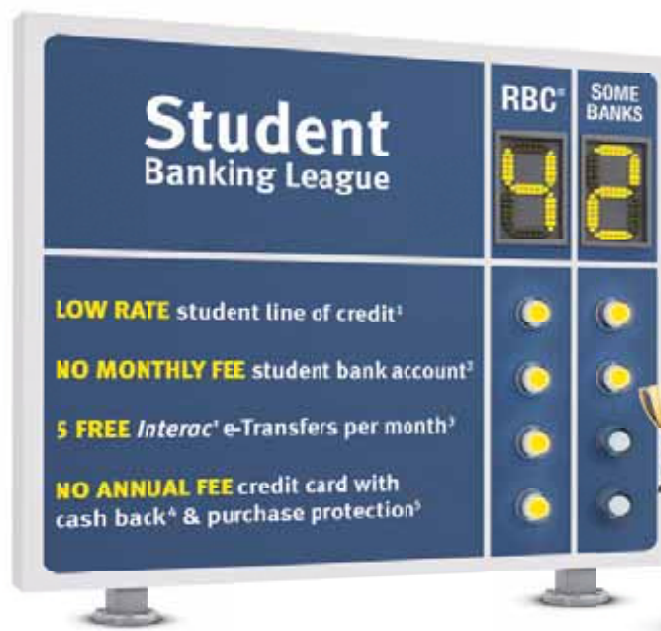
most alarming health concern among kids, Gafoor said.

"The biggest one is childhood obesity. The only way to solve this problem is for ... the entire family to get involved in daily activities. Doing so helps to encourage the child to participate in the activity. Opting for healthier choices and appropriate portion sizes for the child's age and size is also important."

**STUDENTS
WIN
\$1,000
EVERY DAY!**

SCORE MORE

WITH THE RBC STUDENT SOLUTION



For details visit rbc.com/studentsscoremore



*No purchase necessary. Contest ends September 30, 2015. Correct answer to skill testing question required. For full contest rules and how to enter without purchase, please visit rbc.com/rules. Eligible products include the RBC Student Banking® account, RBC No Limit for Students® account, any RBC Royal Bank® Credit Card with a valid graduation date, and the Royal Credit Line® for students. 1 Personal lending products are provided by Royal Bank of Canada and subject to its standard lending criteria. Some Conditions and Restrictions apply. 2 Refers to the RBC Student Banking account with no monthly fee and 25 free debit transactions per monthly cycle. \$1 excess debit transaction fee applies thereafter. 3 RBC Student Banking account includes 5 Interac® e-transfers per monthly cycle. Additional Interac e-transfers are \$1. Interac e-transfers count towards the number of debit transactions included in the account. Excess debit transaction fee of \$1 also applies, if the number of free debit transactions per monthly cycle is exceeded. Totals are not cumulative and, if not used, cannot be carried over into the next applicable monthly cycle or calendar year. 4 Refers to RBC® Cash Back MasterCard. Subject to credit approval. To see a list of eligible credit cards for students please visit rbc.com/studentcards. 5 Refers to Purchase Security and Extended Warranty insurance. Coverage underwritten by RBC General Insurance Company in the province of Quebec and by RBC Insurance Company of Canada in the rest of Canada. All insurance is subject to limitations and exclusions. Purchase Security Insurance provides coverage for direct accidental physical loss or damage to personal property or gifts that are paid in full on your RBC credit card for 90 days from the date of purchase. Refer to the insurance booklet for complete details. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. # All other trademarks are the property of their respective owner(s).

Jays never too far from a win thanks to longballs



Jose Bautista watches his second-inning grand slam clear the fence during the Jays' win over Minnesota on Wednesday night in Toronto. STEVE RUSSELL/TORSTAR NEWS SERVICE

MLB

Toronto tops wild-card rivals with another power display

Jose Bautista hit a grand slam in the second inning and the Toronto Blue Jays held on for a 9-7 win over the Minnesota Twins on Wednesday.

Josh Donaldson and Edwin Encarnacion also hit home runs for Toronto (57-52), which has won four straight to strengthen its hold on the second wild card in the American League and move to 4-1/2 games back of the AL East-leading New York Yankees.

The Blue Jays have homered in 17 of 18 games since the all-star break and have hit multiple

WEDNESDAY In Toronto



home runs in 10 of those games.

Drew Hutchison (10-2) struck out five over five innings of work but gave up seven runs — three of them earned — on seven hits. Liam Hendriks, Brett Cecil and Mark Lowe pitched a scoreless inning of relief each before LaTroy Hawkins came in to earn his first save with Toronto.

Designated hitter Miguel Sano had two hits and three runs batted in for Minnesota (54-53), which has dropped three games in a row. Tyler Duffey (0-1) struggled in his Major League debut, giving up six runs on five hits in just two innings of work. Five relievers came in for the Twins after Duffey was pulled from the mound.

Minnesota took a 3-0 lead in the first. Sano drove in leadoff man Aaron Hicks with a double that advanced Joe Mauer to third. Trevor Plouffe then cleared the bases with a double of his own.

Donaldson brought Toronto to within a run with a home run to deep left field, driving in Troy Tulowitzki. It was Donaldson's 29th of the season, tying his career high. THE CANADIAN PRESS

BAN STANDS

Jays reliever Aaron Sanchez dropped his appeal of a three-game suspension on Wednesday.

The right-hander was suspended and fined yesterday for his role in a bench-clearing altercation with the Kansas City Royals, but his appeal allowed him to pitch last night.

IN BRIEF

Quebec and Las Vegas progress in their bids to launch NHL franchises

The bids for NHL teams in Quebec City and Las Vegas are progressing to the next stage of the expansion process.

Quebecor Media vice-president of public affairs Martin Tremblay confirmed in a telephone interview Wednesday that the group overseeing the Quebec City bid has received an invitation from the league to participate in the second phase of the process.

Tremblay refused to give any other details. Bill Foley, who leads the Las Vegas bid, confirmed in a statement that his group has also been invited to participate in Phase 2.

THE CANADIAN PRESS

Rio's water quality 'not a big problem': FINA prez

The head of swimming's governing body says dirty water at next year's Olympic venues is "not a big problem."

An Associated Press investigation last week showed a serious health risk to the 1,400 Olympic athletes who will compete at water venues around Rio de Janeiro that are rife with human waste and sewage.

Julio Maglione says water quality is "not a big problem at the moment."

He adds that FINA is in contact with the International Triathlon Union, which held an Olympic test event at Copacabana last week, to track the health of the triathletes who competed. THE ASSOCIATED PRESS

PARAPAN AM GAMES

Flag bearer Dispalto continues to scoff at naysayers

At twice the age of most of his rivals, Marco Dispalto likes to think of himself as the Gordie Howe of wheelchair sports.

And to think doctors once told him he likely wouldn't live to see 40.

The 48-year-old boccia player will carry Canada's flag into Friday's opening ceremony of the Parapan American Games in Toronto. He reflected Wednesday on a lifetime of scoffing at doctors, and doing things his own way.

"Gordie Howe, he's been a legend for so many years and he played until he was 50," Dispalto

ABOUT BOCCIA

Dispalto compares boccia to golf or curling. Strategically similar to lawn bowling, boccia is played indoors on a flat, smooth surface. The objective is to throw, kick, or use an assistive device to propel leather balls as close as possible to a white target ball known as the jack.

said. "Then you look at people Chris Chelios that played hockey for a long time ... there's still life for us even past 40."

"When you look at most of my competitors, they're in their mid-20s. So for me, it's always a motivating factor that the old

guy can still perform, and keep the young wolves at bay."

Josh Dueck, who carried Canada's flag in the closing ceremonies at the 2014 Sochi Paralympics after skiing to gold and silver there, presented the flag to Dispalto.

A resident of St-Jerome, Que., Dispalto was diagnosed with muscular dystrophy as a teenager. He took up wheelchair rugby when he was 25, then switched to wheelchair tennis, and because of the degenerative nature of his disability, now plays boccia. He entered the 2015 season ranked No. 1 in the world.

"The doctors told me 'Marco, your life expectancy is not going to be very long,' but I just scoffed at that," he said. "I did what I wanted to do, I was passionate about it, and I'm going to keep being passionate about sports."

THE CANADIAN PRESS



Marco Dispalto named Canada's flag bearer on Wednesday in Toronto.

THE CANADIAN PRESS

Magic sign Canuck forward Ejim from Rome

The Orlando Magic have signed forward Melvin Ejim.

The six-foot-six, 220-pound Toronto native played in 47 games with Virtus Roma in Italy last season, averaging 7.9 points and 5.6 rebounds in 24.1 minutes per game.

Ejim, 24, recently helped Canada to a silver medal at the 2015 Pan American Games in Toronto.

He played with the Magic's "White" team in summer league competition, averaging 9.2 points and 6.8 rebounds.

THE CANADIAN PRESS

RECIPE Summer Taco Salad Wraps with Aged Cheddar



EAT LIGHT AT HOME

Rose Reisman
rosereisman.com

@rosereisman

Ready in

Prep time: 10 minutes
Cook time: 12 minutes

Serves 6.

Ingredients

- 1 cup onions
- 1 tsp minced garlic
- 1 tsp chili powder
- 1 tsp Worcestershire sauce
- 8 oz lean ground beef
- 1 cup medium salsa
- 6 small flour tortillas (6")
- 1/3 cup shredded lettuce
- 1 cup diced plum tomato
- 1/2 cup shredded old light cheddar cheese
- 1 cup black beans, drained and rinsed

Directions

1. In a large skillet sprayed with oil, add onions and sauté for three minutes until tender. Add garlic, chili powder and Worcestershire and sauté another minute. Add beef and sauté until no longer pink, about three minutes. Add salsa, cover and simmer for five minutes on low heat until most of the salsa has been absorbed.

2. Divide meat mixture over centre of tortillas. Divide lettuce, tomato, cheese and beans over top. Fold in half and serve warm.

Nutrition per serving

- Calories 195
- Protein 15 g
- Carbohydrates 25 g
- Fibre 3 g
- Total fat 3.5 g
- Saturated fat 1 g
- Cholesterol 20 mg
- Sodium 690 mg

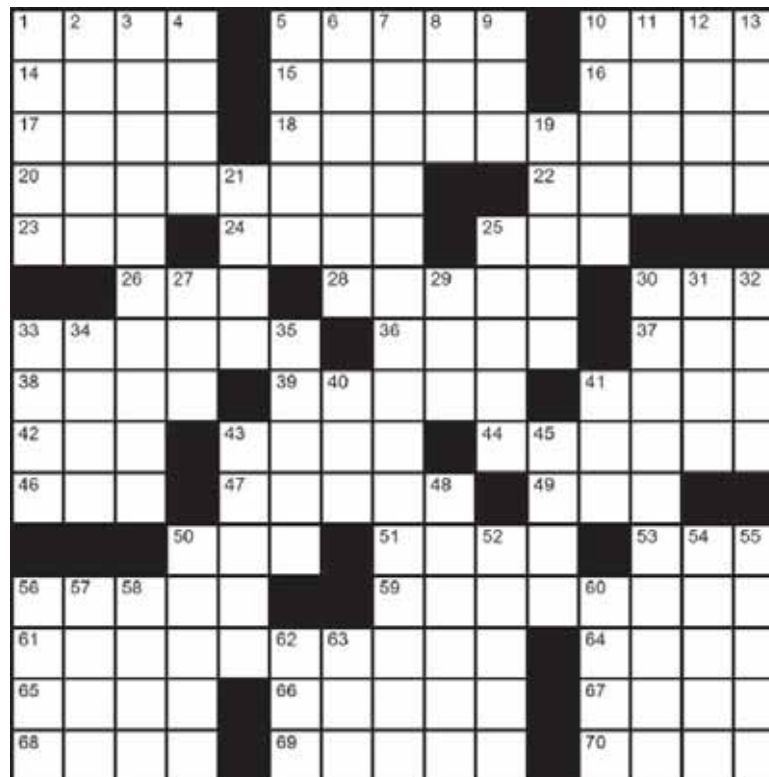
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Rocket-to-moon org.
5. Parsley portion
10. Montreal baseball player, once
14. Grad
15. The 1890s, sometimes called The ___ Decade
16. Brag about
17. Negative reply
18. Gathering/ collection
20. One consists of a board, rooks, pawns, etc.: 2 wds.
22. Silk-like fabric
23. Lieutenant Tasha ___ (Character on "Star Trek: The Next Generation")
24. Chips ___! (Chocolate chip cookie)
25. Wager
26. Cartoonist Mr. Keane
28. Fashion sense
30. Uniquely-spelled mountain basin
33. Immediately!
36. Richly-___ (Fall fashions, often)
37. Pi's follower
38. "My Fair Lady" (1964) star Mr. Harrison's
39. Alpine dry wind
41. Egotistical
42. Poetic tribute
43. In the distance
44. Nickname for Canadian rapper Drake
46. ABBA hit
47. Obscure
49. Stable stuff



50. 'F' in FWIW
51. River of England
53. Mason's load-holder
56. Cold shoulder it
59. Type of tree
61. Canadair CT-132 ___ (Retired military aircraft)

64. Mr. McCormack
65. Competent
66. Rock gig venue
67. Voyaging on the ocean
68. Fruit cocktail bit

69. ___ Lodge (Veronica's dad in Archie Comics)
70. Big name in computers

DOWN

1. HLN's "___ Grace"
2. Hawaiian 'hi'
3. Canada Post door-

- to-door mail delivery replacements
4. Souls: French
5. Bang up
6. Promenades
7. Hanging-in-a-bag puppet on "The Friendly Giant": 3 wds.
8. 'Impress' suffix

9. Precious stone
10. Plaudit
11. Hospital photo
12. Corn dog
13. British actor Clive
19. "The Rare ___" (1966)
21. Table shaker contents
25. Mix
27. ___ and outs
29. "I ___ Ya Papi" by Jennifer Lopez
30. Neil Young's backing band: 2 wds.
31. ___ by (Pass briskly)
32. Tommy James & The Shondells tune, when repeated
33. Advantages
34. Decorate anew
35. Bid
40. Goon
41. Through
43. Dwelling
45. Canadian comedian Caroline
48. Where Georgetown is the capital city
50. Sir Wilfrid Laurier's bill, fun-style
52. "Buzz off!"
54. Bay window
55. Sticker
56. Business person's "Fast!"
57. Feeling
58. Stewing pot
60. Fermented honey drink
62. Encourager's exclamation!
63. ___ Lanka

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Don't waste your time, energy and money on things you don't need and people you don't respect. Resist the urge to get involved in causes and issues that do not concern you directly.

Taurus April 21 - May 21
You have made sacrifices in recent weeks and now it is time to do something for yourself. You will feel more positive about your dreams and your place in the world.

Gemini May 22 - June 21
There is no point trying to control every situation you find yourself in — you will wear yourself out if you try. Some things are simply too big for even a Gemini to change.

Cancer June 22 - July 23
If you want to get the most out of the next few days you will need to be more sociable. Let others take the lead and they'll take you places you will thoroughly enjoy.

Leo July 24 - Aug. 23
Employers will go out of their way to help you make the most of your talents. First, though, you need to open up and let them know what it is you desire. They're not mind readers.

Virgo Aug. 24 - Sept. 23
Your opinions may be fixed but that does not mean you are completely inflexible. Some of the ideas you have over the next 24 hours will be so unusual that even those who know you well will be surprised.

Libra Sept. 24 - Oct. 23
You don't have to do anything to make this day special, just be yourself and enjoy the wonderful things that come your way. It's possible you could go on a spree and spend too much money but that's nothing new.

Scorpio Oct. 24 - Nov. 22
Even a Scorpio needs encouragement. Loved ones will go out of their way to reassure you today. It's nice to know you are appreciated.

Sagittarius Nov. 23 - Dec. 21
You may not enjoy what you have to do but you have no choice, so get yourself in gear and get it done. Once it is out of the way you can devote yourself to more pleasurable activities.

Capricorn Dec. 22 - Jan. 20
Listen to what friends and relatives tell you today. If you follow their advice it will save you time and effort on things of no importance. Why learn from mistakes when you can learn from others?

Aquarius Jan. 21 - Feb. 19
Your doubts about certain relationships will be laid to rest. Loved ones will reassure you that you are always in their hearts and thoughts, no matter how far apart you may be.

Pisces Feb. 20 - March 20
Don't let pride get in the way of securing your future. You cannot do everything on your own, so put your ego aside and join forces.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		5			9		1	
		4	8					
8		6		7	1			5
		1	9		6			7
		3				2		
6			5		4	9		
1			6	9		8		3
					2	4		
	2		7			1		

©2013 Conceptis Puzzles. Dist. by King Features Syndicate, Inc.

NO INTEREST! Interested?

Did you know that you can legally force your creditors into a settlement through a program called a Proposal?

Ask us about it. Call or email: inquiries@SolvingDebt.ca

403.266.6665

www.SolvingDebt.ca



Bromwich & Smith Inc.

Credit Counsellors | Proposal Administrators | Trustees in Bankruptcy

Believing In Your Future.

6 Calgary Locations

3,002 PRIZES WORTH MORE THAN
\$4.7 MILLION!



Alberta Cancer Foundation

Cross Cancer Institute
Tom Baker Cancer Centre
15 Regional & Community Cancer Centres

Grand Prize Package #1
WORTH MORE THAN \$1.5 MILLION RETAIL!

Grand Prize Package #2
WORTH MORE THAN \$1.2 MILLION RETAIL!



CALGARY SHOWHOME
81 Westpoint Close SW

TRUMAN

PLUS 2016 Acura ILX
PLUS \$10,000 Cash!

Vehicle supplied by: Northwest Acura, Calgary



EDMONTON SHOWHOME
3939 Ginsburg Crescent NW

KIMBERLEY
CUSTOMBUILT

PLUS 2016 Buick Encore AWD
PLUS \$10,000 Cash!

Vehicle supplied by: Kipp Scott GMC Cadillac Buick, Red Deer



\$500,000 CASH

Grand Prize Package #3

**You
Win 50**

WINNER TAKES HALF THE CASH!

Tickets Only:
\$10 each, 10 for \$25,
25 for \$50

**WIN UP TO
\$800,000
CASH!**

Two Early Bird Prizes WORTH MORE THAN \$173,000 RETAIL!

Vehicles may not be exactly as shown.

PRIZE PACKAGE #1

Drive in Style
WIN ALL THREE VEHICLES

2015 Ford F150 - Crew, Platinum
Supplied by: MGM Ford Lincoln Sales Ltd., Red Deer



2016 Indian Scout Motorcycle
Supplied by: Cycle Works, Edmonton



2016 Polaris Slingshot SL
Supplied by: Cycle Works, Edmonton

PRIZE PACKAGE #2

**\$50,000
CASH**

Early Bird Draw: October 8, 2015

Ticket sales deadline for Early Bird Draw is midnight on September 23, 2015

Tickets: \$100 each, 3 for \$250, 5 for \$375 and 8 for \$525
cashandcarslottery.ca 1.877.783.7403

Lottery Licence #405805 | You Win 50 Licence #405807 Please visit our website for lottery rules